



National and Community Emergency and Resource List

This is a basic list, up to date as of April, 2020, but it's good to periodically check. Knowing these and your local/regional crisis and resources (page 2) and keeping them easily assessable, will help you/your family know how to connect, and connect others who need them. Ideas of what to include in your local/regional list are in the closing paragraph. If you have children/teens, make sure they understand and know the numbers. Depending on age, having them help look them up is a good way to make sure they are informed and involved, and can also get help if needed.

In an emergency, including immediate danger, call 911

National Suicide Prevention Lifeline: 1-800-273-8255

<https://suicidepreventionlifeline.org/> (Has a chat feature; en Español enlace; and for deaf and hard of hearing link)

National Child Abuse Hotline: 1-800-422-4453. <https://www.childhelp.org/childhelp-hotline/> (has multiple languages, text and chat features)

National Sexual Assault Hotline: 1-800-656-4673. <https://www.rainn.org/> (Has a chat feature; en Español enlace)

National Domestic Violence Hotline: 1-800-799-7233 , 1-800-787-3224 (TTY) or text LOVEIS to 22522. <https://www.thehotline.org/> (Has a chat feature; en Español enlace)

National Human Trafficking Hotline: 1-888-373-7888 (TTY: 711)| Text 233733 <https://human-traffickinghotline.org/> (Has a chat feature; en Español enlace)

National Runaway and Homeless Youth Hotline: 1-800-RUNAWAY 1-800-786-2929 or Text: 66008 <https://www.1800runaway.org/>

Gang Involvement: If you are trying to leave a gang, we haven't been able to find a national hotline in the US. But often local or regional areas have those numbers or programs, so please reach out when you safely as possible can.

National Mental Health and Substance Abuse Hotline: 1-800-662-HELP (4357) Or TTY 1-800-487-4889 (has support available in English and en Español) <https://www.samhsa.gov/find-help/national-helpline>

There is no way to include all national, regional, and local hotlines and weblinks. But please for yourself or others, if needed and as you safely can, reach out to these or a local crisis or information line, or any other resources in your area. Medical care, food, shelter, utilities, legal help, resources, or advocacy, are often available.



Local/Regional Crisis and Resource Numbers:

My local: _____ **Phone number:** _____
Contact: _____ **Website:** _____

My local: _____ **Phone number:** _____
Contact: _____ **Website:** _____

My local: _____ **Phone number:** _____
Contact: _____ **Website:** _____

My local: _____ **Phone number:** _____
Contact: _____ **Website:** _____

My local: _____ **Phone number:** _____
Contact: _____ **Website:** _____

My local: _____ **Phone number:** _____
Contact: _____ **Website:** _____

My local: _____ **Phone number:** _____
Contact: _____ **Website:** _____

Coping Skills and Other Helpful Apps:

PTSD Coach app: <https://www.mobile.va.gov/app/ptsd-coach>
While developed by the VA this app is good for anyone experiencing Post Traumatic Stress, or wanting to know more to help someone they care about.

WYSA stress app: Depression & anxiety therapy chatbot app (just pick the free option)

Moving forward app: <https://www.veterantraining.va.gov/movingforward/>
While developed by the VA this app is good for anyone coping with stressful problems.

For children: Sesame street has an app, "Breath, Think, Do" and multiple resource on their website for "Little Children Big Challenges".

Your favorite help apps: _____