

Help lines and links

Current September 16, 2023

From **Connect All** (<https://www.connectall.online/>)

NOTE: This document is for informational purposes only. Nothing included is an endorsement of the source.

In an emergency call 911

National 988 Suicide and Crisis Lifeline (<https://988lifeline.org/>): 988 is a 3-digit code to call or text. Currently call services are in English and en Español, and use Language Line Solutions to provide translation services in over 250 additional languages. Text and chat, are in English and Spanish only. TTY: Use your preferred relay service or dial 711 then 988.

Crisis Text Line (<https://www.crisistextline.org/>): Text HOME to 741741. Texto en Español AYUDA al 741741. Online chat, in English only. WhatsApp in English and en Español.

National Child Abuse Hotline (<https://childhelphotline.org/>): Call or text 1-800-422-4453, in multiple languages. Online chat in multiple languages.

National Sexual Assault Hotline (<https://www.rainn.org/>): Call 1-800-656-4673 and online chat, in English and en Español. Housed in RAINN (Rape, Abuse & Incest National Network)

National Domestic Violence Hotline (<https://www.thehotline.org/>): Call 1-800-799-7233. TTY: 1-800-787-3224. Text: START to 88788. Online chat.

National Human Trafficking Hotline (<https://humantraffickinghotline.org/en>): Call 1-888-373-7888. TTY: 711. Text 233733. Online chat. All services in English and en Español.

National Runaway and Homeless Youth Hotline (<https://www.1800runaway.org/>): Call 1-800-786-2929. Online chat. Email through website.

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

Gang Involvement: If you are in of need support, or trying to leave, we haven't been able to find a USA national hotline. There are often local/regional areas that have programs you can reach out to. And, while not specific to gangs, there is the **Crisis Text Line**, and as needed any of the others on or/and indicated by this document.

There is no way to include all national/regional/local hotlines/weblinks/so on. That said, for yourself or/and others, if needed and as you safely can, reach out to these or/and other crisis/information/other available sources, for whatever you may need. Support, food, shelter, utilities, legal help, healthcare, resources, advocacy, so on, are often available. If what you need is not available in your area, if you can, reach out to someone. Also, the listed websites/numbers, and usually others like them, are for if you are worried about someone else.

Local/Regional Crisis or/and Other Numbers:

Local: Contact:	Phone: Website:
Local: Contact:	Phone: Website:
Local: Contact:	Phone: Website:
Local: Contact:	Phone: Website:
Local: Contact:	Phone: Website:

Information for me or/and about me:

Some possibly helpful apps:

NOTE: Some things to consider when using mental health or/and wellness, apps or/and online services.

- How do they protect my privacy? Are there steps I can take to protect my privacy?
- Are they ethical in their practices?
- What is the benefit/cost/risk of using them?

PTSD Coach (<https://mobile.va.gov/app/ptsd-coach>): By the Veterans Administration, is for anyone experiencing Post Traumatic Stress, or wanting to know more to help someone else.

WYSA stress: Depression & anxiety therapy chatbot app (you can pick the free option).

Moving forward (<https://www.veterantraining.va.gov/movingforward/>): By the Veterans Administration, is for anyone coping with stressful problems.

Woebot - Your Self-Care Expert (<https://woebothealth.com/>): Helps with an array, everyday stresses and challenges, symptoms of depression and addiction.

Mindfulness: Headspace, Insight Timer, Mindfulness Coach, 10% Happier

Other: Provider Resilience, ACT coach, Virtual Hope Box, Well Body Coach, CALMapp

Examples of possible techniques:

NOTE: Not all techniques work for everyone; and even if one works one time, it might not work another time.

SBNRR Mindfulness Practice - This can be modified to your needs and time available:

Stop: Stop what you are doing, take the pause, give yourself space. If you need to, use verbal or internal mental cues to do this.

Breathe: Everyone is different, for some paying attention to your breath and taking a moment to breathe in whatever way individual works for you, is helpful; for others you might need a different or combined approach, including skipping and going to Notice. For anyone, you might find you need to try different approaches at different times.

Notice: Notice what is going on in your body, thoughts, emotions. Think about your recent behaviors. You are not judging yourself, just noticing what is going on.

Reflect: Where is this coming from? Why am I thinking/feeling this? Why am I doing this? Any other curious questions that help clarify the source. Remember interaction of body, behaviors, thoughts, emotions.

Respond: What is the best way to respond to this and move forward? Again, using whatever questions might help you.

5-4-3-2-1 practice- In your mind, out loud, or written:

- 5 things I can see
- 4 things I can touch
- 3 things I can hear
- 2 things I can smell
- 1 thing I can taste

30 second body scan meditation:

[This 30-Second Exercise Can Reduce Your Anxiety Significantly \(It's True – We've Tried!\)](https://youaligned.com/body-scan-meditation/)

(<https://youaligned.com/body-scan-meditation/>)

1. Get comfortable
2. Find your breath
3. Become the observer
4. Notice even more
5. Give yourself permission to relax

Mental – Physical – Soothing Grounding, Healthline: [30 Grounding Techniques to Quiet Distressing Thoughts](https://www.healthline.com/health/grounding-techniques)

(<https://www.healthline.com/health/grounding-techniques>)

A few examples:

Mental: List as many things in a category as you can. List categories by the alphabet. Do math and number exercises. Go through anchoring facts.

Physical: Pick up or touch something; breathing exercise. Physical activity. Use your 5 senses.

Soothing: Picture a face of voice that soothes you. Talk yourself kindly through it. List positive things.

Example other techniques:

- Thoughts: Check for accuracy. Replace them. Let go. Think about or do something else.
- Do a blend of mindfulness and physical. While stretching, walking, so on: What's the closest/farthest sound I hear? What's the closest/farthest thing I see? What's the loudest/quietest sound? How relaxed/tense? So on.
- Physical movement and empty mind, maybe focus on the movement or your breath as needed.
 - These stretches may be good for times like mini breaks: [4 Quick Stretches to Do If You've Been Sitting in the Car for Hours](https://www.self.com/gallery/sos-stretch-long-car-ride) (<https://www.self.com/gallery/sos-stretch-long-car-ride>)
- Physical movement (e.g., stretch, dance, jump, run) and sing, talk nonsense, recite a poem, so on.
- Just relax physically and mentally. Slump, stretch out, curl up, let your mind empty, let your mind wander...
- Total stillness, physically and mentally.

SOS Technique, developed by Julian Ford:

- Slow down - Slow down or stop; as needed, connect to body and let mind clear.
- Orient - Pay attention to where you are, what you are doing, who you are with, what's important.
- Self-check - How stressed or calm you are in the moment *and* how in control or dysregulated you are.

Mindful Breathing Exercise: [Mindful Breathing Exercise - YouTube](#)

Things that work for me:

Adapted SBNRR Mindfulness Practice - This can be modified to your needs and time available:

Stop: Stop what you are doing, take the pause, give yourself space. If you need to, use verbal or internal mental cues to do this.

Breathe: Everyone is different, for some paying attention to your breath and taking a moment to breathe in whatever way individual works for you, is helpful; for others you might need a different or combined approach, including skipping and going to Notice. For anyone, you might find you need to try different approaches at different times.

Notice: Notice what is going on in your body, thoughts, emotions. Think about your recent behaviors. You are not judging yourself, just noticing what is going on.

Awareness of My Body, Behaviors, Thoughts, Emotions

- **Body:** What's happening in my body, from the top of my head to my toes? Am I warm, cold; relaxed, tense; numb, stiff, achy; tired, wired; thirsty, hungry; have a headache; and so on?
- **Behaviors:** What are my behaviors? What are my behaviors communicating to myself or/and others about how I'm doing?
- **Thoughts:** What are my thoughts? Am I blank? Am I present? Am I thinking about something I'm excited about, something that is bothering me? Any change from my normal?
- **Emotions:** What are my feelings? And this might come from what I already noticed in my body, behaviors, or thoughts; regardless, can I label what I am experiencing? Calm? Happy? Stressed? Anxious? Need to escape? "Spaced out"? Disconnected? Withdrawn? Bored? Numb? Confident? Proud? Surprised? Embarrassed? Nervous? Indifferent? Envious? Compassionate? So on.

Reflect: Where is this coming from? Why am I thinking/feeling this? Why am I doing this? Any other curious questions that help clarify the source. Remember interaction of body, behaviors, thoughts, emotions.

Explore possible sources, for what I am aware of in my body, behaviors, thoughts, emotions

Can I determine the source(s)? What's my best guess, if I can make one?

Personal factors (Internal) Examples

Personality
Personal traits - e.g.,
intelligence, physical
ability, preferences
Medical
Mental health
A need, e.g., hungry,
tired, restless
Disability



Circumstances (External) Examples

Culture
Past trauma
Current trauma
Current stress
Physical environment
Medical treatment
Other:
e.g., substance use

Respond: What is the best way to respond to this and move forward? Again, using whatever questions might help you.

Explore possible approaches for what I am aware of in my body, behaviors, thoughts, emotions

- Is there something I can do/try about the source?
- Is there something I can do/try about the response?
- Is there anything else I can do/try?

Sometimes all we can do is try things.

Strengths:

Challenges:

Triggers:

Things that work for me:

Supports:

**Personal
Factors**



Circumstances

Body:

Behaviors:

Thoughts:

Emotions:

