

Help lines and links

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

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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 they use Language Line Solutions to provide translation services in over 240 additional languages. Text and chat, are in English and en Español only. TTY: Use your preferred relay service or dial 711 then 988. They have 988 ASL Videophone.

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, or online chat. Interpretation services for 170 languages.

National Sexual Assault Hotline (<https://www.rainn.org/>): Call 1-800-656-4673 or 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. Text: START to 88788. Online chat. Language line used for over 140 languages.

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; translation services for additional 200.

National Runaway and Homeless Youth Hotline (<https://www.1800runaway.org/>): Call or text 1-800-786-2929. Online chat. Email through website. Forum on 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, the **Crisis Text Line** may be of assistance.

There is no way to include all hotlines/weblinks; that said, for yourself/others, if needed and as you safely can, reach out to these/other crisis/information/other sources, for whatever you may need. 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. **NOTE:** Some things to consider when using hotlines or mental health/wellness apps/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?

Local/regional crisis/other:

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 apps and approaches

Apps:

NOTE: Some things to consider when using hotlines or mental health/wellness apps/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 (has 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: ACT coach, Virtual Hope Box, CALMapp

Techniques:

NOTE: Not all techniques work for everyone. And if one works one time, it might not work another time; and vice versa, it might not work then work later.

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: Pick a category (e.g., state capitals, teams, movies, bodies of water) and list as many as you can; or, list them alphabetically or by some system (e.g., largest to smallest, oldest to newest). Do math exercises. Go through anchoring facts (e.g., my name is, today is).

Physical: Touch something. Breathing exercise. Physical activity. Use your 5 senses.

Soothing: Think of face/voice/thing/place that soothes you. Talk yourself kindly through it. List positive things.

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

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.

Breathing techniques: There are so many options, here's two examples.

- *Box breathing:* Exhale to a count of four. Hold your lungs empty for a four-count. Inhale to a count of four. Hold the air in your lungs for a count of four. Exhale and begin the pattern anew.
- *Mindful breathing:* Example, breathe in and out to a phrase, e.g. "I breathe in calm, I breathe out tension."; "Breathing in, I know I am breathing in. Breathing out, I know I am breathing out".

Video: [Mindful Breathing Exercise from Every Mind Matters – YouTube](#)

Example other approaches:

- **Thoughts:** Check for value alignment. Check for accuracy. Replace them. Let go. Think about or do something else. Express them (e.g, journal). Do something creative/meaningful. Make a plan. Talk to someone.
- **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.
- **Relax physically and mentally.** Slump, stretch out, curl up, let your mind empty, let your mind wander...
- **Do something physical with an empty mind.** As needed, maybe focus on the movement or your breath.
 - 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>)
- **Do something physical while doing something verbally fun/silly/expressive.** E.g., Sing, talk nonsense, recite poetry, make weird sounds, do vocal exercises, mash up stories.

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/)

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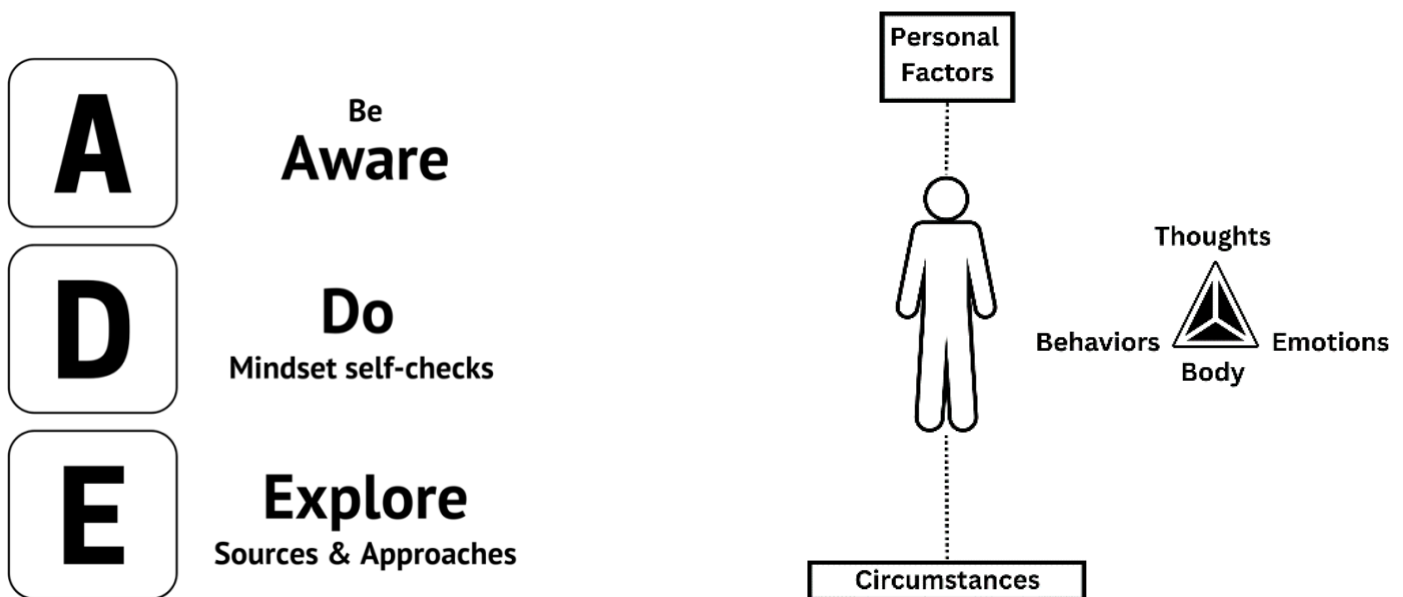
1. Get comfortable
2. Find your breath
3. Become the observer
4. Notice even more
5. Give yourself permission to relax

SC-ADE (adapted SBNRR mindfulness practice with the ADE by Gwendolyn Downing):

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 external or internal cues to do this.

Center: Everyone is different. For some, you might skip this and go to “be Aware”. For some, it is helpful to pay attention to your breath and take a moment to breathe in whatever way works for you. For others, you might need a different (like grounding) or combined approach. For anyone, you might need to try different approaches at different times.



be Aware of my body, behaviors, thoughts, emotions: Notice what is going on with your body, behaviors, thoughts, emotions. You are not judging yourself, just notice what is going on.

- **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 present? Thinking about something I'm excited about, something that is bothering me? Any change from my normal? Are they accurate? Line up with my values? So on.
- **Emotions:** What am I feeling? Calm? Happy? Stressed? Furious? Anxious? Need to escape? "Spaced out"? Disconnected? Withdrawn? Bored? Numb? Confident? Proud? Surprised? Embarrassed? Nervous? Indifferent? Envious? Compassionate? So on.

Do mindset self-check: Am I being unbiased, strength-based, empowering, trauma-informed, so on?

Explore possible sources, for what I am aware of in my body, behaviors, thoughts, emotions: Remember individuals in ecological systems; and interaction of body, behaviors, thoughts, and emotions. What is the possible source(s) for what I am aware of? Do I need any assistance to identify the source? Can I identify the source? Is it one or more? What's my best guess, if I can make one? What do I not know? So on. // Queries such as when, where, with who, circumstance(s), how often, when does it not happen.

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?

In situations the source(s) aren't known, while trying to determine that, the three questions are still valid. Depending, e.g., prompts: "What's helped you with something else in the past?" "What are some of your strengths or things you enjoy doing; can that help you with this?"

Things that work for me: