













COMMUNITY RESOURCE GUIDE

MENTAL HEALTH & CRISIS SUPPORT

Organization	Support Offered	Contact
988 Suicide & Crisis Lifeline	Confidential emotional support for people considering suicide or who are in emotional distress (or their family members)	 Call: 988  Text 'HOME' to 741741
Alcohol Treatment Navigator	Explains how different alcohol treatment options work, how to choose a quality program, and how to get support for yourself or a loved one through the recovery process.	 alcoholtreatment.niaaa.nih.gov
National Alliance on Mental Illness Helpline	Free peer-support services with information, resource referrals, and support for people living with a mental health condition, their family members and caregivers, and mental health providers.	 1-800-950-6264  M–F, 10 am–10 pm ET
National Mental Health & Substance Use Hub	Central resource to find mental health, alcohol, and substance use support	 usa.gov/mental-health-substance-abuse
National Treatment Referral Routing Service (SAMHSA)	Free referrals to substance use treatment facilities, support groups, and community-based organizations in your area. Free. Available 24 hours/day, 7 days/week in English and Spanish.	 1-800-662-HELP  findtreatment.samhsa.gov
SMART Recovery	Find support for alcohol or other substance use dependence through group therapy sessions (in-person or online) in English and Spanish.	 smartrecovery.org
The Trevor Project	Confidential support for people who identify as LGBTQ+ and are experiencing a mental health crisis.	 1-866-488-7386  Text 'START' to 678-678  thetrevorproject.org

Need to sort out what you're feeling? Try the PAUSE Tool. **Try the P.A.U.S.E. Tool**

P

PAY ATTENTION TO BODY, THOUGHTS, AND FEELINGS.

What happens to my body when I get angry? eg. clenched fist, elevated heart-rate? These are messages that I need to pause. Am I breathing? What story am I telling myself?

A

ASSESS WHAT IS ACTIVATING ME

What feelings are being activated? Do I not feel heard? Do I feel misunderstood? Am I upset about what is said or something else that happened to me recently?

U

UNDERSTAND THE ROOTS OF MY FEELINGS

What values of mine are being challenged? Am I seeking to resolve a disagreement or maintain power and control over something or someone else?

S

SET BOUNDARIES, SEPARATE, ENSURE SAFETY










If you are not able to show up in dignity and respect. Step away. Set boundaries. I will work with problem when I am less frustrated. It is important everyone feels safe.

E

EMPATHIZE WITH THOSE INVOLVED

Everyone deserves respect. How could the other person be experiencing me? How will my actions impact others? What are others trying to express? How can we work for understanding?

COMMUNITY RESOURCE GUIDE BASIC NEEDS & LIFE SUPPORT

Organization	Support Offered	Contact
National Health Insurance Marketplace (Healthcare.gov)	Find an agent or broker in your area and set up a time to talk about Medicaid or the Children's Health Insurance Program (CHIP)	 localhelp.healthcare.gov
	Find price estimates for available healthcare plans in your area	 healthcare.gov/see-plans
Feeding America	Locate the closest food bank in your area via zip code	 feedingamerica.org
Food Distribution Program on Indian Reservations (FDPIR)	Food to income-eligible households on Indian reservations and Native American households in certain regions.	 fns.usda.gov
Supplemental Nutrition Assistance Program (SNAP)	Financial assistance for financially eligible families to buy certain food products	 fns.usda.gov/snap
American Job Centers	Find employment opportunities	 career centers
Career One Stop	Informational hub for job-seeking resources and opportunities	 1-877-872-5627  careeronestop.org
Workforce Development Board Finder	Programs to help seek employment information, training, and networking opportunities	 Workforce Finder