

# National Resource Guide

## TABLE OF CONTENTS

1. [Mental Health & Substance Use Supports](#)
2. [Understanding Overdose & Overdose Resources](#)
3. [Housing, Hunger, & Legal Resources](#)
4. [LGBQ+ & Identity-Based Supports](#)
5. [Parenting & Childcare](#)
6. [Education, Job Training, & Employment Services](#)
7. [Activities in Your Community](#)
8. [Health Services](#)
9. [Violence Prevention Services & Resources](#)

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### **Mental Health & Substance Use Supports**

- Mental Health America
  - (800) 969-6642
  - <https://www.mhanational.org/>
- Substance Abuse and Mental Health Services Administration (SAMHSA)
  - National Helpline: (800) 662-HELP (4357)
  - Treatment Locator: <https://findtreatment.gov/>
  - General information on mental health: <https://www.samhsa.gov/mental-health>
- 988 Suicide & Crisis Lifeline
  - Call or Text 988 for 24/7 crisis support
  - <https://988lifeline.org/>
- Therapy for Latinx
  - <https://www.therapyforlatinx.com/>
- Asian Mental Health Collective
  - <https://www.asianmhc.org/>
- Therapy for Black Girls
  - <https://therapyforblackgirls.com/>
- Black Emotional and Mental Health Collective (BEAM)
  - <https://beam.community/>
- The JED Foundation
  - JED's Mental Health Resource Center provides resources to help manage emotional health, cope with challenges, and support people in your life.
  - <https://jedfoundation.org/>
  - <https://jedfoundation.org/mental-health-resource-center/>

- National Drug Helpline
  - (844) 289-0879 (24 Hours)
  - <https://drughelpline.org/>
- Rethinking Drinking
  - <https://rethinkingdrinking.niaaa.nih.gov/>
- Collegiate Recovery Program Locator
  - A Collegiate Recovery Program (CRP) is a college or university-provided program that includes a supportive environment within the campus culture.
  - <https://collegiaterecovery.org/crps-crcs/>
- She Recovers
  - <https://sherecovers.org/together-online/>
- Alcoholics Anonymous (AA)
  - (212) 870-3400
  - <https://www.aa.org/>
- Marijuana Anonymous (MA)
  - (800) 766-6779
  - <https://marijuana-anonymous.org/>
- Narcotics Anonymous (NA)
  - (818) 773-9999
  - <https://na.org/>
- Support for those worried about someone's drinking or other substance use
  - Al-Anon: <https://al-anon.org/>
  - Nar-Anon: <https://www.nar-anon.org/>
- Face Addiction Now (FAN)
  - A community-based organization for those seeking recovery supports, community supporters, and family members affected by addiction.
  - (833) 202-4673
  - <https://faceaddictionnow.org/>
- SMART Recovery
  - (440) 951-5357
  - <https://smartrecovery.org/>

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## Understanding Overdose & Overdose Resources

- Alcohol Poisoning Symptoms, Causes, and Effects
  - <https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/understanding-dangers-of-alcohol-overdose>
- The Poison Help Line (24 Hours)
  - Talk to an expert about a medication overdose
  - (800) 222-1222
  - <https://poisonhelp.hrsa.gov/>

- National Harm Reduction Coalition
  - Drug overdose prevention services
  - <https://harmreduction.org/>
- Opioid Overdose Prevention
  - <https://www.samhsa.gov/substance-use/treatment/overdose-prevention>

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## Housing & Hunger Resources

- United Way 211
  - Assists with food, health, housing, crisis, emergencies, and disaster relief
  - <https://www.211.org/>
- Feeding America
  - Find a food bank in your area
  - <https://www.feedingamerica.org/>
- U.S. Department of Housing and Urban Development Public Housing Agency Directory
  - Public housing assistance and housing choice vouchers for teens, young adults, and adults
  - <https://www.hud.gov/contactus/public-housing-contacts>
- Legal Services Corporation
  - Provides financial support for civil legal aid to low-income Americans in every state, the District of Columbia, and U.S. territories
  - <https://www.lsc.gov/about-lsc/what-legal-aid/i-need-legal-help>
- Law Help
  - <https://www.lawhelp.org/>

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## LGBTQ+ & Identity-Based Supports

- The Trevor Project
  - 24/7 helpline: (866) 488-7386
  - Text START to 678-678
  - <https://www.thetrevorproject.org/get-help/>
- It Gets Better
  - <https://itgetsbetter.org/get-help/>
- Trans Lifeline
  - (877) 565-8860
  - <https://translifeline.org/>
- CenterLink
  - CenterLink's mission is to strengthen, support, and connect LGBTQ community centers and organizations serving their local and regional communities.
  - <https://www.lgbtqcenters.org/LGBTCenters/>
- Therapy for Queer People of Color
  - <https://therapyforqpoc.com/>

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## Parenting & Childcare

- Head Start
  - Services: Preschool and family program for low-income families. Education, Health care, Social Services, Parent Involvement, Nutrition, and Behavioral Health Services
  - (866) 677-8724
  - <https://nhsa.org/>

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## Education, Job Training, & Employment Services

- Job Corps
  - Free education and training program that helps young people learn a career, earn a high school diploma or GED, and find and keep a good job. For eligible young people 16-24 years of age that qualify as low income, Job Corps provides the all-around skills needed to succeed in a career and in life.
  - (800) 733-5627
  - <https://www.jobcorps.gov/>
- Career One Stop
  - Explore careers, training and jobs. Find local resources that help you look for work and offer job search workshops, free computer access, and more.
  - <https://www.careeronestop.org/>

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## Activities in Your Community

- Big Brothers Big Sisters of America
  - Creates and support one-to-one mentoring relationships that ignite the power and promise of young people
  - <https://www.bbbs.org/>
- YMCA
  - Variety of health and fitness programs for individuals of all ages
  - <https://www.ymca.org/>
- Volunteer.gov
  - Find volunteer opportunities at public sector agencies in your area
  - <https://www.volunteer.gov/s/>
- Volunteer Match
  - Find volunteer opportunities at non-profit agencies in your area.
  - <https://www.volunteermatch.org/>

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## Health Services

- Find a Health Center
  - Find a health center that provides services regardless of your ability to pay, and charges for services on a sliding fee scale.
  - <https://findahealthcenter.hrsa.gov/>

- HealthCare.gov
  - One-stop access to U.S. government insurance marketplace to determine what insurance you are eligible for, preview plans, and get connected with organizations that will assist you in signing up.
  - <https://www.healthcare.gov/get-coverage/>
- Find testing for HIV, hepatitis, and STIs (CDC)
  - <https://gettested.cdc.gov/>
- Planned Parenthood
  - STI testing, birth control, abortion, and more, in-person and online
  - Payment: Insurance, Self-payment, and Medicaid
  - <https://www.plannedparenthood.org/>
- HIV Hotlines and Warmlines
  - Access information on hotlines providing information on HIV
  - (800) CDC-INFO (800-232-4636)
- American Sexual Health Association
  - Provides information and resources on sexual health, STIs, reproductive health, etc.
  - <https://www.ashasexualhealth.org/>
- U.S. Pain Foundation
  - Offers information and support for people living with chronic pain
  - <https://uspainfoundation.org/>

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## Violence Prevention Services & Resources

- National Domestic Violence Hotline
  - Available 24/7 to provide tools and support for anyone experiencing domestic violence
  - (800) 799-SAFE (7233)
  - Text START to 88788
  - <https://www.thehotline.org/>
- RAINN's National Sexual Assault Hotline
  - 24/7 free, confidential support
  - (800) 656-4673 (HOPE)
  - Text HOPE to 64673
  - <https://rainn.org/>
- Childhelp National Child Abuse Hotline
  - 24/7 support to those concerned about or affected by child abuse
  - (800) 422-4453
  - Text GO to (800) 422-4453
  - <https://www.childhelp.org/>
- National Human Trafficking Hotline
  - Available 24/7
  - (888) 373-7888
  - <https://humantraffickinghotline.org/>

- Love Is Respect
  - Confidential 24/7 support for teens, young adults, and their loved ones looking for help and information on healthy relationships and dating violence
  - (866) 331-9474
  - Text LOVEIS to 22522
  - <https://www.loveisrespect.org/>
- StopBullying.gov
  - Provides information and resources on identifying and reporting bullying
  - <https://www.stopbullying.gov/>