



HEALING WITHIN TRANSFORMATION CENTER™

— HEAL. PURPOSE. TRANSFORMATION.™ —

You are seen.
You are valued.
You are never alone.



NATIONAL CRISIS RESOURCE GUIDE

HELP IS AVAILABLE. HOPE IS REAL.
YOU MATTER.

If you or someone you know is in crisis,
please reach out. Trained professionals are here
to listen, support, and connect you to help.

Cast all your anxiety on Him because He cares for you.

— 1 PETER 5:7 (NKJV)



YOU ARE NOT ALONE.

- ♥ You are seen.
- ♥ You are valued.
- ♥ You are loved.
- ♥ You are important.
- ♥ You have options.
- ♥ You have support.
- ♥ You have a future.



NATIONAL CRISIS HOTLINES



988

SUICIDE & CRISIS LIFELINE

Call or Text 988
Chat online at
988lifeline.org
24/7 free and
confidential support.



211

INFORMATION & REFERRAL

Dial 211 or visit 211.org
Connect to local
resources for housing,
food, healthcare,
and more.



CRISIS TEXT LINE

Text HOME to 741741
Free, 24/7 support
for any type of crisis.
A real person is
here to help.



NATIONAL DOMESTIC VIOLENCE HOTLINE

1-800-799-SAFE (7233)
Safety, support, and
resources for you or
someone you care
about.



VETERANS CRISIS LINE

Dial 988 then Press 1
Text 838255
Chat online at
veteranscrisisline.net
Confidential support
24/7 for Veterans
and their loved ones.



ADDITIONAL SUPPORT LINES

- ✓ NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)
HelpLine: 1-800-950-NAMI (6264)
nami.org/help
- ✓ SAMHSA NATIONAL HELPLINE
1-800-662-HELP (4357)
Treatment referral and information
(English & Español)
- ✓ NATIONAL SEXUAL ASSAULT HOTLINE
1-800-656-HOPE (4673)
RAINN.org
- ✓ CHILDHHELP NATIONAL CHILD ABUSE HOTLINE
1-800-4-A-CHILD (1-800-422-4453)
Help for children and families.
- ✓ NATIONAL HUMAN TRAFFICKING HOTLINE
1-888-373-7888 or Text 233733
Help is available 24/7.



WHEN TO REACH OUT

Reach out for help if you or someone you know is:

- ✓ Thinking about suicide or self-harm
- ✓ Feeling overwhelmed or hopeless
- ✓ Experiencing abuse or unsafe situations
- ✓ Struggling with mental health or addiction
- ✓ In need of food, shelter, or essential resources
- ✓ Not sure where to turn

♥ You don't have to face this alone.
Help is just a call, text, or chat away.



TYPES OF SUPPORT AVAILABLE



Emotional Support
Someone to listen
and help you
work through
difficult moments.



Safety Planning
Guidance to help
you create a plan
and stay safe.



Resource Connection
Connect to local
services, shelters,
food, and more.



Long-Term Support
Ongoing help for
healing, recovery,
and growth.



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RESOURCES FOR BASIC NEEDS



FOOD

Find local food
pantries and
meal programs
in your area.



SHELTER

Get help finding
emergency
shelter or
safe housing.



HEALTHCARE

Access low-cost
or free healthcare
and mental
health services.



TRANSPORTATION

Find free or
low-cost rides
to appointments
and services.



UTILITY ASSISTANCE

Get help with
utility bills and
other essential
needs.



TIPS TO CARE FOR YOURSELF

- ✓ Talk to someone you trust.
- ✓ Take deep breaths and slow down.
- ✓ Drink water and eat when you can.
- ✓ Get rest and be gentle with yourself.
- ✓ Limit what overwhelms you and focus on one step at a time.



You are
stronger
than you
think.



YOU ARE WORTHY

You are not defined by your
current situation.
You are worthy of love, peace,
and a better tomorrow.
Keep holding on.
Brighter days are ahead.



DAILY REMINDERS

- ✓ I am not alone.
- ✓ I am doing the best I can.
- ✓ I choose hope.
- ✓ I am healing.
- ✓ My story is not over.



SCRIPTURE FOCUS

*"The Lord is close to the brokenhearted
and saves those who are crushed in spirit."*

— PSALM 34:18 (NIV)



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