

Resource Referral Worksheet

Emergency Resources

SUICIDE HOTLINE NUMBERS:

Suicide & Crisis Lifeline (US): 988

Local: _____

NEAREST HOSPITAL:

SHELTERS THAT SUPPORT ADULTS AND CHILDREN WHO HAVE BEEN ABUSED:

Referral Resources

To find a therapist in the US, **dial 211**, look online for help in finding mental health resources, or log onto **psychologytoday.com** and click on their “Find a Therapist” link. You can also check with your insurance provider.

NATIONAL DOMESTIC VIOLENCE HOTLINE:

For a free and confidential hotline with 24/7 response, call **1.800.799.7233** or text “**START**” to **88788**.

LOCAL DOMESTIC VIOLENCE HOTLINE:

NATIONAL CHILD SEXUAL ABUSE REPORTING HOTLINE:

If you suspect or know that a child is being abused, call or text **1.800.4.A.CHILD** (1.800.422.4453).

LOCAL ABUSE REPORTING AGENCIES:

Research local options like DCFS or law enforcement to include a local reporting number.

Please note: If you are worried about someone’s immediate safety after they express suicidal ideation, go to **www.BeThe1To.com** and read through the five action steps for help in knowing what to do. If you feel the threat is imminent, call 911 (in the US), explain the situation and request a “well-check” to make sure the person is okay.