

"ASKING FOR HELP IS NEVER A SIGN OF WEAKNESS.
IT'S ONE OF THE BRAVEST THINGS YOU CAN DO. AND
IT CAN SAVE YOUR LIFE."
~LILY COLLINS.

ALL ABOUT

GETTING HELP

*There is no shame in asking for help when you need it.
Here is a list of the featured guest resources you heard
on I Need Blue.*

SEXUAL ASSAULT, DOMESTIC VIOLENCE, HUMAN TRAFICKING

WOMEN'S CENTER OF BREVARD

24/7 DOMESTIC VIOLENCE HOTLINE: **321-607-6809**

SAVS 24 HOUR RAPE HELPLINE: **321-784-HELP**

Programs:

- The **Victim Service program** is committed to assisting victims and survivors of domestic, sexual & dating violence, victims of stalking and human trafficking
- **Sexual Assault Victim Services (SAVS)** is a rape crisis program working to provide free and confidential support and advocacy services to sexual assault victims and their loved ones.
- Individual, group and family counseling services
- Prevention & Youth Programs
- Emergency Safe & Transitional Housing

SUBSTANCE ABUSE

SPACE COAST RECOVERY

1215 LAKE DR, COCOA, FL 32922

MAIN **(321) 632-5958** FAX **(321) 632-2533**

EMAIL: **INFO@SPACECOASTRECOVERY.COM**

SCR is dedicated to serving adult men who struggle with substance abuse addiction. SCR has licensed and certified staff members to assist the clients in recovery. Their residential program serves adult men and provides treatment, housing, meals, and group therapy to harness family, life, and social skills. Their outpatient programs are dedicated to serving men who struggle with substance abuse addiction.

SUICIDE OF A LAW ENFORCEMENT FAMILY MEMBER/FRIEND

SBS SURVIVORS OF BLUE SUICIDE

EMAIL: **BLUESUICIDE@NATIONALSBS.ORG**

FACEBOOK: **SURVIVORS OF BLUE SUICIDE FOUNDATION**

Fostering hope by uniting survivors of law enforcement suicide to support one another and honor our fallen heroes.

INDIVIDUAL, COUPLE, AND FAMILY THERAPY AND COUNSELING

DR. MICHELE FINNERAN PH.D

PHONE: **(561) 350 - 1599**

EMAIL: **MICHELE_FINNERAN@YAHOO.COM**

WEBSITE: **WWW.DRMICHELEFINNERAN.COM**

As a solution-focused therapist, Dr. Finneran's goal is to help you uncover your true potential and lead a life that is worth celebrating. Providing therapy, counseling and resources for individuals, couples and families

YOUTH SUPPORT AND EMPOWERMENT

LIFT UP YOUNG LIVES, LIFE SKILLS PROGRAM & READY FOR LIFE BREVARD

PHONE: **LISA 860-416-5055**

LiftUp has been serving the Brevard community since November 2017 and is a two-semester program of 15 weeks. Teachers and mentors provide an educational experience to empower teens and young adults aging out of foster care, experiencing homelessness, and rescued from human trafficking. Through the semesters and their Pillars of Success, LiftUp Young Lives helps young people realize their potential and teaches them the tools they need to succeed in life.

DOMESTIC VIOLENCE

SERENE HARBOR - BREVARD COUNTY, FL

HOTLINE: **321-726-8282**

Serene Harbor has served Brevard County for 30 years, providing emergency shelter, a 24/7 confidential hotline, counseling services, transportation, relocation assistance, support groups, legal advocacy, outreach programs, referrals, and assistance programs to survivors of domestic violence.

YOUTH LEGAL SUPPORT AND EMPOWERMENT

GUARDIAN AD LITEM - FLORIDA

PHONE: **CYNTHIA RICKARD AT 321-271-1304**

WEBSITE: **WWW.GUARDIANADLITEM.ORG**

The Florida Statewide Guardian ad Litem Office represents abused, abandoned and neglected children in the courtroom and the community. Through the collaboration of a multi-disciplinary team that includes a Guardian ad Litem Attorney, child welfare professional, and hopefully a trained volunteer, our team provides quality legal representation for the best interests of abused, neglected, and abandoned children while assisting the child in expressing their needs and wishes.

HUMAN TRAFICKING

INTERNATIONAL NETWORK OF HEARTS

PHONE: **+1619 947 1215**

EMAIL: **INFO@INHEARTS.ORG**

Founded in 2010, the International Network of Hearts (INH) is a 501 c-3 nonprofit organization based in San Diego, CA that grew out of concerns about human trafficking circuits operating between the U.S.-Mexico border, the busiest international land crossing in the world. They also operate in Mexico as Red Binacional de Corazones (RBC).

HUMAN TRAFICKING

VOICES AGAINST TRAFFICKING

MAIL: **VOICES AGAINST TRAFFICKING, P.O. BOX 518, REDMOND, OR 97756**

WEBSITE: **WWW.VOICESAGAINSTTRAFFICKING.COM**

Voices Against Trafficking brings together national and International partners dedicated to eradicating the business of profiting in human lives. The organization includes individuals, corporations, survivors, nonprofits, law enforcement agencies, legislators, media outlets and human rights advocates.

SOCIAL MEDIA SAFETY

SOCIAL MEDIA VICTIMS LAW CENTER

PHONE: **(206)-741-4862**

PHONE: **(800) 687-1855**

ADDRESS: **821 SECOND AVENUE, SUITE 2100 SEATTLE, WA 98104**

The Social Media Victims Law Center (SMVLC) works to hold social media companies legally accountable for the harm they inflict on vulnerable users. SMVLC seeks to apply principles of product liability to force social media companies to elevate consumer safety to the forefront of their economic analysis and design safer platforms that protect users from foreseeable harm.

WOMEN EMPOWERMENT

ZONTA CLUB OF MELBOURNE, FL

MAIL: **Zonta Club of Melbourne PO Box 417 Melbourne, FL 32902-0417**

EMAIL: **ZontaClub.Melbourne.FL@gmail.com**

The Zonta Club of Melbourne is a service organization of talented women and men with diverse skills working together to empower women and girls through hands-on assistance, advocacy, and funding locally, regionally and around the world through Zonta International.

Zonta International envisions a world in which women's rights are recognized as human rights and every woman is able to achieve her full potential.

GOLD STAR MOTHERS

INDIAN RIVER COUNTY, FL GOLD STAR MOMS

VISIT: **[HTTPS://WWW.IRCGOLDSTARMOMS.ORG/](https://www.ircgoldstarmoms.org/)**

EMAIL MICHELLE AT:

MICHDALEIRC@GOLDSTRMOMS@GMAIL.COM

VISIT **[HTTPS://WWW.GOLDSTARMOMS.COM/](https://www.goldstarmoms.com/)** FOR THE NATIONAL DIRECTORY.

American Gold Star Mothers, Inc., is a private nonprofit organization of American mothers who lost sons or daughters in service of the United States Armed Forces.

VETERAN RESOURCES

211'S HELPLINE

A toll-free call to **211** connects you to a community resource specialist in your area who can put you in touch with local organizations that provide critical services.

1-844-MYFLVET or **2-1-1** – veteran to veteran support, linkage to services and suicide prevention, 24/7.

Veterans/ crisis line 1-800-273- TALK (8255)

ROMANCE ONLINE SCAM

ROMANCE SCAMS NOW

<https://romancescamsnow.com/>

Education and support for romance and online scam victims and about cybercrime.

VETERAN SERVICE DOGS

DOGS FOR LIFE, VERO BEACH, FL

WEBSITE: [HTTPS://WWW.DOGSFORLIFEVB.ORG/](https://www.dogsforlifevb.org/)

Dogs For Life, Inc. was founded to improve the quality of life for people and dogs through the training of service dogs and operating an off-leash dog park. Since 2001 Dogs For Life has been turning lives around by providing independence and self-reliance for people who need assistance through specialized training.

RELATIONSHIP SCAMS

SOCIETY OF CITIZENS AGAINST RELATIONSHIP SCAMS INC. (SCARS)

WEBSITE: [HTTPS://AGAINSTSCAMS.ORG/](https://againstscams.org/)

a Worldwide Nonprofit Cybercrime Victims' Assistance, Support, and Advocacy Organization focused on the support of relationship scam victims worldwide; and the detection, deterrence, and eventual elimination on global online scams in all its forms.

POST TRAUMATIC STRESS DISORDER

PTSD COACH ONLINE TOOLS

WEBSITE: [HTTP://PTSD.VA.GOV/APPS/PTSDCOACHONLINE](http://PTSD.VA.GOV/APPS/PTSDCOACHONLINE)

SCAN FOR MORE INFORMATION



Jen Lee, Host of I Need Blue Podcast

Personally contact Jen: info@ineedblue.net

Facebook: [@needbluepodcast](#)

Instagram: [@ineedbluepodcast](#)