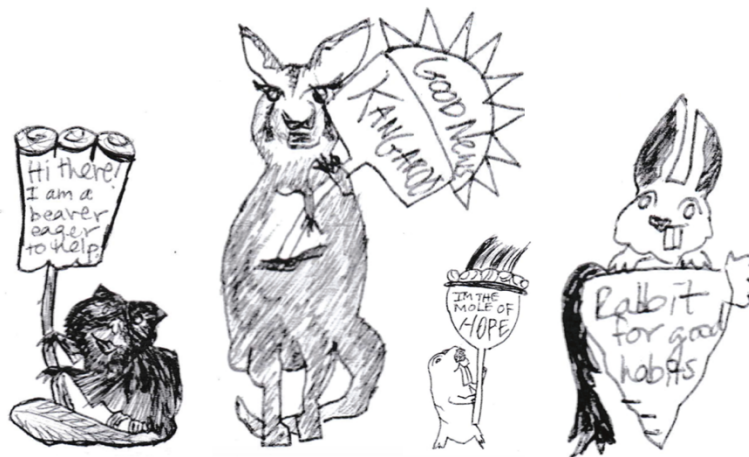


## PAGE 99: RESOURCES

- \* Abuse: Domestic Violence Hotline 1-800-799-7233. Child Abuse Hotline 1-800-422-4453. Center For Elder Abuse 1-855-500-3537.
- \*Addiction Helpline (SAMHSA'S National Helpline): 1-800-662-4357.
- \*Anxiety and Depression Association Of America: [ADAA.ORG](http://ADAA.ORG), to discover a low-no cost therapist in your area please visit one of these sites if overwhelmed: [CAREFORYOURMIND.ORG](http://CAREFORYOURMIND.ORG), [MENTALHEALTHAMERICA.NET](http://MENTALHEALTHAMERICA.NET), to break down the types of licensed professionals we have in this country, please visit [NAMI.ORG](http://NAMI.ORG)
- \*Emergency: In any Emergency, please call 911.
- \*Erase the Hate: [ERASETHEHATE.ORG](http://ERASETHEHATE.ORG)
- \*Helping those with drug abuse: [DRUGABUSE.COM](http://DRUGABUSE.COM), [MEDLINEPLUS.GOV](http://MEDLINEPLUS.GOV), and remember to place zero judgement. American Addiction Center's Lifeline is, 1-888-453-9655.
- \*Homeless: Coalition for the Homeless 1-202-737-6444.
- \*Housing discrimination is illegal [HUD.GOV](http://HUD.GOV) Know your rights.
- \*Immigration help: [IMMIHELP.COM](http://IMMIHELP.COM), [USCIS.GOV](http://USCIS.GOV), [IMMIGRATIONHELP.ORG](http://IMMIGRATIONHELP.ORG) Know your rights. You cannot be denied your rights. Local libraries are a great resource for help.
- \*Indigenous Women's Resource Center: 1-855-649-7299.
- \*Latin Network for Healthy Families And Communities: 1-651-646-5553.
- \*National Immigrant Women's Advocacy Project: 1-202-274-4457.
- \*Natural Disaster Relief. To avoid scams, I implore you to visit BBB Wise Giving Alliance's Website: [GIVE.ORG](http://GIVE.ORG), Charity Navigator [CHARITYNAVIGATOR.ORG](http://CHARITYNAVIGATOR.ORG), or Charity Watch [CHARITYWATCH.ORG](http://CHARITYWATCH.ORG) These resources will help you to determine what way to best donate your money and time. Volunteering efforts and pet adoptions are always needed.
- \*Sexual Assault Hotline: 1-800-656-4673.



\*Suicide Prevention Lifeline: 1-800-273-8255, [SUICIDEPREVENTIONLIFELINE.ORG](http://SUICIDEPREVENTIONLIFELINE.ORG)  
\*Trans and LGBTQ+ Resources [GLAAD.ORG](http://GLAAD.ORG) , Centerlink to find an LGBTQ+ center in your area [LGBTCENTERS.ORG](http://LGBTCENTERS.ORG) , LGBTQ+ support for those in school <https://www.accreditedschoolsonline.org/resources/lgbtq-student-support/> 1-877-565-8860

\*Teachers, and all educators I implore you to have an array of resources at your armada. You do a thankful task in providing safety nets in spaces that often do not feel safe. Children may not be getting tasked with home environments that are welcoming. School may match or worsen these situations. We turn to you in these times of need. Check in with students. Here are resources for helping to be better Allies to the LGBTQ+ community: GLSEN [glsen.org](http://glsen.org), Safe Zone Project <https://thesafezoneproject.com/resources/> , spreading the word to the many wonderful projects listed within <https://www.connectsafely.org/lgbtq-resources/>, and directing health questions to LGBTQ+ mindful, non-prejudice facilities, including <https://www.lgbthealtheducation.org/lgbt-education/lgbt-health-resources/> Thank you for your work, you are severely underpaid. Please continue. You are needed.



\*To those without health insurance, who feel that they have little to no options for health care: Non-profit hospitals cannot turn you away. Urgent care centers do not require insurance. Planned Parenthood provides health services to both men and women at any rate of income. [PLANNEDPARENTHOOD.ORG](http://PLANNEDPARENTHOOD.ORG) A simple breakdown is listed at this time of publishing at <http://www.healthcare-information-guide.com/no-health-insurance.html>  
\*Women of Color Network: 1-800-537-2238.  
\*Workplace Discrimination: [EEOC.GOV/LAWS/TYPES/](http://EEOC.GOV/LAWS/TYPES/)

There are many more resources to be found in and around your area, or online. Please do not hesitate to reach out to someone today. If you need help, or know someone that does, reach out. I support you. I am here to hear you. I am sorry you are going through something. It gets better. Do not wait on this. Reach out to someone today. You are a beautiful human, that I can guarantee you.

