

CRISIS RESOURCES



REACH OUT!

Whether you're facing mental health struggles, emotional distress, alcohol, or drug use concerns, or just need someone to talk to, someone is always here for you. You are loved and you are not alone. Please!

Crisis Text Line – Global Non-Profit Organization with text-based 24/7 support: <https://www.crisistextline.org/>

United States
Canada
United Kingdom
Ireland Crisis Text Line

Text "HOME" or "HOLA" 74141
Text "CONNECT" to 686868
Text "SHOUT" to 85258
Text "HOME" to 50808

Sexual Abuse Support

RAINN <https://rainn.org/> Rape and Incest Sexual Assault Hotline,
Text HOPE to 64673, 1-800-656-HOPE (4673)

Joyful Heart Foundation,
<https://www.joyfulheartfoundation.org/> supports survivors of
sexual assault, domestic violence, and child abuse.

Online Mental Health Support

<https://www.betterhelp.com/>
<https://www.teencounseling.com/>
<https://growththerapy.com/>
<https://www.talkspace.com/>
<https://www.talkiatry.com/>

**US & Canada
Suicide &
Crisis Lifeline**

988

<https://988lifeline.org/>

UK Lifeline

NHS111



www.joyofconnecting.world

