

Refferal List

For Assistance

- **National Suicide Prevention Lifeline** – 1-800-273-8255 www.suicidepreventionlifeline.org/
- **Forever Family Foundation** – Grief and Loss
<https://www.foreverfamilyfoundation.org/pages/grief-and-loss>
- **National Domestic Violence Hotline** – 1-800-799-7233 www.thehotline.org/
- **SAMHSA (Substance Abuse and Mental Health Services Admin)** 1-800-662-4357
<https://www.samhsa.gov/find-help/national-helpline>
- **National Child Abuse Hotline** - 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453
- **LGBTQ National Hotline** 888-843-4564 help@LGBThotline.org - True Colors (national program for LGBT homeless youth) Number: (212)-461-4401
- **Disaster Distress Helpline** CALL or TEXT 1-800-985-5990 (press 2 for Spanish).
- **Teen Hotline (Teens supporting Teens)** CALL 800-852-8336 Text "TEEN" to 839863 - www.teenlineonline.org



Resource List

For Spiritual Development / Self Care

Mediumship Books

Divine Wisdom: Messages of Love, Hope and Healing from the Masters - Lisa Williams

The Survival of the Soul (Do You Want to Know Everything?) - Lisa Williams

Was That a Sign from Heaven?: How to Connect with the Afterlife - Lisa Williams

Power of the Soul by John Holland

Wisdom from Your Spirit Guides: by James Van Praagh

The Light Between Us - Laura Lynn Jackson

Bridging Two Realms - John Holland

Signs: The Secret Language of the Universe - Laura Lynn Jackson

Psychic Books

Psychic Abilities-Melanie Barnum

The Book of Psychic Symbols-Melanie Barnum

Clairvoyance for Beginners-Alexandra Chauran

You Are Psychic: The Art of Clairvoyant Reading and Healing by Debra Lynne Katz

Your Psychic Potential: A Guide to Psychic Development by Richard Ireland



Resource List

For Spiritual Development / Self Care

Psychic Books

A Little Bit of Auras: An Introduction to Energy Fields by Cassandra Eason

Auras: How To See Human Aura Colors In 7 Easy Steps - Mia Rose

Self Care Books

The Secret of Space Clearing-Denise Linn

Women Body Women's Wisdom- Christine Northrup

Daring Greatly - Brene Brown

The Dark Side of the Light Chasers - Debbie Ford

Braving The Wilderness - Brene Brown

Anam Cara, A Book Of Celtic Wisdom - John O'Donohue

