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Thank you!**



COMMUNITY RESOURCE LIST

FindHelp.org

Search and connect to support. Financial assistance, food pantries, medical care, and other free or reduced-cost help starts here.

United Way 211

Simply call 211 to speak to someone now, or search by location for online resources and more contact information.

National Suicide Prevention Lifeline

The Lifeline provides 24/7, free and confidential support for people in distress and prevention and crisis resources for you or your loved ones.

1-800-273-8255

Crisis Text Line

Crisis Text Line provides free, 24/7 support via text message. We're here for everything: anxiety, depression, suicide, school.

Text HOME to 741741

Information on Adverse Childhood Experiences: www.acesconnectioninfo.com

PACEs Connection

PACEs Connection is a social network that recognizes the impact of a wide variety of adverse childhood experiences (ACEs) in shaping adult behavior and health, and that promotes trauma-informed and resilience-building practices and policies in all families, organizations, systems and communities.

