

Hotlines, warmlines, and other support

These numbers will connect you to crisis and support services. Add other national, state, or local hotlines or other important emergency phone numbers to the bottom of this list. Share copies with co-workers and neighbors.

988 Suicide and Crisis Lifeline/National Suicide Prevention—call or text 988

Trans Lifeline—call or text 1-877-565-8860

Veterans Crisis Line—dial 988 then press 1 or text to 838255

National Sexual Assault Hotline—1-800-656-HOPE (800-656-4673)

National Domestic Violence Hotline—1-800-799-7233

SAMHSA’s National Helpline—1-800-662-HELP (4357)

Gamblers Anonymous—gamblersanonymous.org/u-s-hotlines/
for a list of hotlines by US state

The Trevor Project (to support LGBTQ+ youth)—call 1-866-488-7386, text “START” to 678-678, or chat from: thetrevorproject.org/get-help

Friendly Voice line, call 1-888-281-0145 to leave your information and get a call back. The call back will be from this same number and the caller ID will show “800 Service.”

Other important numbers:

Organizations mentioned in this book

AARP Fraud Watch Network, page 126
aarp.org/money/scams-fraud/helpline

AIDS Memorial Quilt, page 44
www.aidsmemorial.org/quilt

Alcoholics Anonymous, page 93
aa.org

Adult Children of Alcoholics (ACA),
page 92
adultchildren.org

Al-Anon, page 92
al-anon.org

Area Agencies on Aging, page 125
eldercare.acl.gov

The Black Doula Project, page 102
blackdoulaproject.com

Black Youth Healing Arts Center,
page 120
irgrace.org/byhac

**Canine Support Teams Prison Pup
Program**, page 56
caninesupportteams.org/prison-pup-program

Caring Across Generations, page 127
caringacross.org

CHAMACOS, page 99
cerch.berkeley.edu/research-programs/chamacos-studies

Changing Woman Initiative, page 102
cwi-health.org

Coaching Boys Into Men, page 76
coachescorner.org

Color Splash Out, page 46
colorsplashout.org/about-us

Death Cafe, page 127
deathcafe.com

Debt Collective, page 81
debtcollective.org

Detroit Greenways Coalition, page 12
detroitgreenways.org

Domestic Workers United, page 8
domesticworkersunitednyc.org

**Domestic Abuse Intervention
Programs**, page 73
theduluthmodel.org

**Emerge Counseling and Education to
Stop Domestic Violence**, page 75
emergedv.com

**Faith in Action East Bay, Ceasefire
Initiative**, page 68
fiaeastbay.org/issues/live-free-ceasefire

Family Wellness Warriors, page 78
southcentralfoundation.com/family-wellness-warriors-nuiju

Flint Public Health Youth Academy,
page 121
cestudioflint.org/youthacademy

Fridays for Future, page 120
fridaysforfutureusa.org

Friendship Line/Friendly Voice,
page 126
ioaging.org/friendship-line-california

Gamblers Anonymous, page 89
gamblersanonymous.org

**Genders & Sexualities Alliance
Networks**, page 46
gsanetwork.org (formerly Gay-Straight
Alliance Network)

The Greening of Detroit, page 12
greeningofdetroit.com

Hijos del Sol Arts Productions, page 99
hijosdelsol.org

Human-I-T, page 133
human-i-t.org

The Islamic Networks Group, page 10
ing.org

It Gets Better Project, page 121
itgetsbetter.org

It's On Us, page 70
itsonus.org

Joyful Parenting SF, page 108
joyfulparentingsf.com

KABOOM!, page 108
kaboom.org

Keep Growing Detroit, page 12
detroitagriculture.net

Lamaze, page 103
lamaze.org

Latino Health Access (LHA), page 11
latinohealthaccess.org

Libraries for Health Initiative, page 122
viahope.org/programs/libraries-for-health

LifeRing Secular Recovery, page 93
lifering.org

Migrant Clinicians Network Witness to Witness Program, page 149
migrantclinician.org/witness-to-witness

MILPA Collective, page 81
milpacollective.org

The Mother-Daughter Project, page 121
themother-daughterproject.com/welcome.htm

Mothers and Men Against Senseless Killings (MASK), page 14
ontheblock.org

Movement Generation, page 120
movementgeneration.org

Mujeres Unidas y Activas, page 28
mujeresunidas.net/en/programas/consejeria-apoyo

My Digital TAT2, page 114
mydigitaltat2.org

NAKA Dance Theater, page 38
nakadancetheater.com

National Domestic Violence Hotline, page 74
thehotline.org

National Domestic Workers' Alliance, page 127
domesticworkers.org

National Suicide Prevention hotline, page 60
988lifeline.org

Nature Canada, page 119
naturecanada.ca/race-and-nature-in-the-city

New Roots Program, page 119
goldeneagleaudubon.org/new-roots-program

NYC Mural Arts Project, page 52
instagram.com/nycmuralartsproject

Occupational Mentor Certification Program (OMCP), page 83
optionsrecoveryservices.com/offender-mentor-cerification-program-omcp

Options Recovery Services, page 83
optionsrecoveryservices.com

PCs for People, page 133
pcsforpeople.org

People's Organization of Community Acupuncture (POCA), page 95
pocacoop.com

PREPARE for your care, page 127
prepareforyourcare.org

Project LETS, page 58
projectlets.org

RAINN (Rape, Abuse & Incest National Network), page 71
rainn.org

SAMHSA National Helpline (alcohol/drug treatment resources), page 93
samhsa.gov

SMART Recovery, page 93
smartrecovery.org

Southeast Arizona Health Education Center (SEAHEC), page 125
seahec.org

Sunrise Movement, page 120
sunrisemovement.org

Tiny Village Spirit, page 80
tinyvillagespirit.org

Trans Lifeline, page 61
translifeline.org

The Trevor Project, page 121
thetrevorproject.org

United Church of Christ (UCC) Open and Affirming Coalition, page 124
openandaffirming.org/ona

Veterans Crisis Line, page 61
veteranscrisisline.net

Village to Village Network, page 126
vtnetwork.org

Voices to End FGM/C, page 38
voicestoendfgmc.org

Warmline.org, page 61
warmline.org

Wildflower Alliance, page 58
wildfloweralliance.org

Women for Sobriety, page 93
womenforsobriety.org

The Women's Initiative, page 141
thewomensinitiative.org

Yolo County Restorative Justice Partnership, page 81
yoloda.org/progressive-programs/restorative-justice-partnership

Young, Gifted & Green, page 121
younggiftedgreen.org

Where to find more information

In writing this book, we reviewed many wonderful community-based resources, training guides, and other helpful websites (some already mentioned in this book). Here is a selection of just a few more toolkits and trainings we found inspirational and useful for adaptation.

This list of resources is also available on Hesperian's website. You can view the list by pointing a mobile phone camera at the QR code to the right, or by using this link:

en.hesperian.org/hhg/Other_Resources:Mental_Health



Hesperian's online resources

Hesperian's HealthWiki has free information in many languages (see: en.hesperian.org/hhg/HealthWiki). After opening each page, click "In this chapter" to see related pages.

Where Woman Have No Doctor

Mental health chapter addresses self-esteem, stress, trauma, and community.

- bit.ly/where-women-have-no-doctor-MH

Workers' Guide to Health and Safety

Ideas to promote workplace mental health and advocate for safe and fair workplaces.

- bit.ly/workers-guide-stress-and-MH

Helping Children Live with HIV

Support for children when a caregiver dies, if a child is dying, and for a grieving family.

- bit.ly/helping-children-with-HIV-grief

General mental health

Substance Abuse and Mental Health Services (SAMSHA)

Training tools to prepare for talking about difficult topics with someone needing help (see page 93).

- samhsa.gov/mental-health

U.S. Health and Human Services directory of treatment programs

A resource for persons seeking treatment for mental health concerns and substance use in the US.

- findtreatment.gov

National Alliance on Mental Illness (NAMI)

A starting point for learning about mental illness, includes descriptions of common mental health conditions and many related resources.

- nami.org/nami.org/your-journey

Mental Health America

Mental Health 101 offers information on different conditions, living with mental health concerns, and how to provide support.

- screening.mhanational.org/mental-health-101

Mental Health America BIPOC mental health toolkit

Recognizes the challenges faced by Black, Indigenous, and people of color communities, this toolkit has conversation guides and myth-busting and workshop ideas.

- mhanational.org/bipoc-mental-health/bipoc-mental-health-month/

The Human Rights Campaign

Resource list for LGBTQ+ people of color with emergency resources, treatment options, and specific organizations that can help.

- hrc.org/resources/qtbipoc-mental-health-and-well-being

Peer support

Peer support groups by and for people with lived experience

A booklet distributed by the World Health Organization for planning and starting peer support groups.

- bit.ly/WHOresource-list

A Handbook for Individuals Working in Peer Roles

This downloadable handbook from the Wildflower Alliance gives in-depth advice for peer counseling programs and on how to train and support peer counselors.

- wildfloweralliance.org/books-and-handbooks

National Practice Guidelines for Peer Specialists and Supervisors

By the National Association of Peer Supporters, explains core values of peer helpers and how supervisors can support them.

- bit.ly/practice-guidelines-peer

The Copeland Center

This grassroots movement hub supports community efforts for wellness and recovery by those who have had mental health challenges. It also shares resources for peer support and those becoming certified peer counselors.

- copelandcenter.com/doors-wellbeing/peer-support-resources

Mental health self-help tools

CAPACITAR Emergency Response

Techniques and simple movement and meditation strategies to address trauma and healing.

- bit.ly/Capacitar-emergency-response

How Right Now campaign

Resources to promote and strengthen the emotional well-being and resilience of people facing mental health challenges, including tools for exploring emotions.

- cdc.gov/howrightnow

Helpguide.org

Insightful articles about mental health and guided meditations to reduce stress, increase calm and focus, and promote physical and emotional well-being.

- helpguide.org/mental-health

Skill-building for community work

Community Health Workers (CHWs) Textbook & Training Guide

San Francisco City College's resources to train and support CHWs on mental health and their broader role of supporting community mental health. The textbook is for sale while training guide chapters may be downloaded free.

- bit.ly/foundations-for-CHWS

Witness to Witness (Migrant Clinicians Network)

Resources for people in high-stress jobs working with clients also experiencing high levels of stress, such as asylum seekers, detainees, migrants, and climate refugees.

- migrantclinician.org/witness-to-witness

Healing Justice Trainers' Guide

For healers and organizers to facilitate their own healing justice training as they work to transform systems of state violence.

- justiceteams.org/healing-justice

Children and youth

Say and Play: A tool for young children and those who care about them

From Project Concern International, these activities help children express themselves naturally and help adults understand children.

- bit.ly/say-and-play

The Kaboom! Playbook

Ideas, design guides, and case studies to inspire leaders and change agents creating kid-friendly, playful cities, with equitable access for children of color (see page 108).

- kaboom.org/playbook

People's Movement Center Warriors of Light Kids Yoga in Color

This playlist is a set of videos, 1 to 4 minutes in length, showing age-appropriate yoga techniques for self-calming and empowerment through fun exercise, meditation, and relaxation. Many focus on a specific emotion.

- bit.ly/kids-yoga-in-color

Activities for middle school students

Adapt these art project and other ideas to help young people reflect on their sources of anger and emotions they may find challenging.

- teachingexpertise.com/classroom-ideas/anger-management-activities-for-middle-school

Early Adolescent Skills for Emotions (EASE)

A World Health Organization guide for adolescents and their caregivers, suggests group work to gain skills to reduce distress.

- bit.ly/WHO-EASE-for-youth

Parenting

Mental Health Resources for Parents

Mental Health America's short articles and tips for caregivers including how to talk to kids about many issues, bullying and school settings, parenting with a mental health condition or when also caring for aging parents and others.

- mhanational.org/mental-health-resources-parents

Support for parents of a child with mental illness

This article from Exceptional Lives shows how to be a great friend to parents whose kids are struggling.

- bit.ly/parent-support-resources

American Society for the Positive Care of Children (SPCC)

Offers educational resources, practical tools, and parent coaching to create communities where every child can thrive.

- americanspcc.org/learning-center

Aging**AARP Healthy Aging**

AARP guidance on mental health issues that affect older people, including insomnia, loneliness, depression, and how to build community and connections.

- bit.ly/AARP-MH-resource-center

Eldercare Locator

The Administration for Community Living connects people to services for older adults. The “Caregiver Corner” offers information and resources for caregivers.

- eldercare.acl.gov

Addiction**Harm Reduction Resource Center**

Offers up-to-date information about evidence-based harm reduction strategies and practices, information on safer drug use.

- harmreduction.org/resource-center

SMART Recovery

This evidence-based recovery method supports people with substance dependencies or problem behaviors to overcome.

- smartrecovery.org

Alcoholics Anonymous (A.A.)

A.A. meetings are free and open to everyone who may struggle with alcohol. The website shows where to find support meetings.

- aa.org

Adult Children of Alcoholics (ACA)

A safe, nonjudgmental environment to share experiences of growing up with abuse, neglect, and trauma, to support healing.

- adultchildren.org

Al-Anon

A mutual support program for people affected by someone else’s drinking. Families and friends of alcoholics can make positive changes, whether or not that person admits to a drinking problem or wants help.

- al-anon.org

Substance Use and Misuse in Rural Areas

Examples and guidance for setting up substance use disorder prevention and treatment programs.

- ruralhealthinfo.org/topics/substance-use

Trauma and crisis

A Suicide Prevention Toolkit

Explains what a safety plan is, how they work, how to support a person who wants one, and why they help prevent suicidal behaviors.

- bit.ly/suicide-safety-plan-toolkit

Navigating a Mental Health Crisis

This booklet from the National Alliance on Mental Illness (NAMI) outlines what can contribute to a crisis, warning signs a crisis is emerging, strategies for de-escalation, and suggests resources. Also includes information about advocating for a person in crisis and a sample crisis plan.

- nami.org/support-education/publications-reports

The National Child Traumatic Stress Network (NCTSN)

Describes childhood trauma and information on treatment, practices, and other resources useful for families, health care providers, and advocates.

- nctsn.org/what-is-child-trauma

Violence

Coaching Boys Into Men

Curriculum for schools and sports teams (see page 76), this violence prevention program has activities built around brief weekly team discussions led by the coach.

- coachescorner.org/tools

Interrupting Intimate Partner Violence: A Guide for Community Responses Without Police

Walks organizers through visualizing and planning the formation of a first response team—community members trained to respond to intimate partner violence.

- justiceteams.org/intimate-partner-violence

Domestic Abuse Intervention Programs’ “wheel” discussion tool

Developed by battered women discussing the abusive tactics they faced, the Wheel encourages discussion of dangerous forms of power and control in relationships (page 73). This Wheel Gallery shares a variety of wheels that reflect different experiences.

- theduluthmodel.org/wheel-gallery

Pieces of a Bigger Picture: Training Model to Support Victims of Sexual and Domestic Violence

Includes 10 interactive training exercises to help faith leaders (or any reader) better understand trauma, power and control, victim-centered responses, and how to improve support to victims and provide referrals.

- interfaithpartners.org/pieces-of-a-bigger-picture-training

Guidelines Responding to People Who Abuse Intimate Partners

Written for faith leaders, this is useful to anyone encountering people who are the abusers in their relationships. Explores common myths about abusers and suggests what to do when talking with them and other actions to take.

- bit.ly/faitth-leader-guidelines

Rape, Abuse & Incest National Network (RAINN)

RAINN (see page 71) provides resources for the person facing sexual violence and for those helping them: what to say and do as well as how to work toward prevention.

- rainn.org

Setting up community programs

Tamarack Institute’s Deepening Community network

Upholds community power as a driver of social change. Explains the community assessment process and offers inspiring stories and paths to deepening community.

- bit.ly/Tamarack-building-community

Mental Health Information Community Partnerships Toolkit

This National Institutes of Health resource offers support for communities to address mental health information needs, including practical ways to establish partnerships, develop programs, and promote mental health awareness.

- nnlm.gov/guides/mental-health-information-community-partnerships-toolkit

Rural Mental Health

Developing, implementing, evaluating, and sustaining rural mental health programs.

- ruralhealthinfo.org/toolkits/mental-health

Advocate for Improved Adolescent Health and Well-being

From Women Deliver, a youth-led and youth-serving resource for advocacy, with road maps for policy change.

- bit.ly/adolescent-advocacy-toolkit

Other topics**Rooted in Rights**

Stories about disability by disabled people in videos, blogs, and social media campaigns to share perspectives often missing from the conversation.

- rootedinrights.org/stories/blog/topics/mental-health

Movement Generation's Propagate, Pollinate, Practice Curriculum

Toolkit with activities to promote environmental activism and strengthen groups (see page 120).

- movementgeneration.org/propagate-pollinate-practice-curriculum-toolkit

The Farm State of Mind campaign

Addresses anxiety, depression, suicide, and opioid use in the farming community. Combats stigma and provides resources for farmer and rancher mental health.

- fb.org/initiative/farm-state-of-mind

Death Cafe Guide

How-to instructions to organize, advertise, and lead an honest and welcoming group conversation about death (see page 127).

- deathcafe.com/how

A Grassroots Strategy to Transform Long-term Care using Eldercare Dialogues

A report on a series of conversations and a toolkit to walk communities through ways to improve long-term care for their elders (see page 127).

- takerootjustice.org/resources/the-eldercare-dialogues-a-grassroots-strategy-to-transform-long-term-care