

## **Resource List: Crisis and Emergency Resources, Where to Find Providers, Self-Help, Books, and Workbooks**

### **What To Do In An Emergency**

#### **Need Immediate Help In An Emergency?**

If you or a loved one is in immediate danger, calling 911 and talking with police may be necessary. It is important to notify the operator that it is a psychiatric emergency and ask for police officers trained in crisis intervention or trained to assist people experiencing a psychiatric emergency.

#### **Need Immediate Help In A Crisis?**

988 Suicide & Crisis Lifeline – Dial or text 988 if you or someone you know is having thoughts of suicide or experiencing a mental health crisis and get connected to a trained crisis counselor 24 hours a day, 7 days a week. Crisis counselors listen empathetically and without judgment. Your crisis counselor will work to ensure that you feel safe and help identify options and information about mental health services in your area.

#### **Crisis Text Line – Text HOME to 741-741:**

Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.

#### **Domestic Violence Resources**

Partner abuse is never okay. There are people standing by to help, especially during this health crisis. If you can, call the National Domestic Violence Hotline at 800-799-SAFE or text LOVEIS to 22522 for 24/7 help in English or Spanish. If you can't call, visit <http://www.thehotline.org/> to learn how to create a safety plan or get immediate help with the 24/7 "Chat Now" feature.

#### **National Sexual Assault Hotline – Call 800-656-HOPE (4673)**

Connect with a trained staff member from a sexual assault service provider in your area that offers access to a range of free services. Crisis chat support is available at Online Hotline Free help, 24/7

<https://www.rainn.org/about-national-sexual-assault-telephone-hotline>

### **The Trevor Project – Call 866-488-7386 or Text START to 678-678**

Supporting LGBTQ young people during times of crisis by providing access to crisis counselors 24/7, 365 days a year. Crisis chat support is available at Crisis Chat <https://www.thetrevorproject.org/get-help/>

### **Additional hotlines**

There are additional resources available if you are in crisis:

- [Disaster Distress Helpline](#): Call or text 800-985-5990 for 24/7 support.
- [California Suicide & Crisis HotlinesPDF](#): Find phone numbers and links to all the suicide and crisis hotlines by county in California.
- [CalHOPE Peer-Run Warm Line](#): Call 833-317-HOPE (4673) 24/7 for non-emergency support specific to COVID-19 stressors.
- [California Warm Peer Line](#): Call 855-845-7415 for 24/7 for non-emergency support to talk to a peer counselor with lived experience.

### **National resources for finding treatment, including for substance use:**

<https://findtreatment.gov/>

SAMHSA's (Substance Abuse and Mental Health Services Administration) National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders: 1-800-662-HELP (4357)

### **Open Path Collective: low fee sessions**

<https://openpathcollective.org/>

Our member therapists provide affordable, in-office and online psychotherapy sessions between \$40 and \$70 (\$30 for student intern sessions)

**Who Our Nonprofit Serves:** Our nonprofit serves clients who lack health insurance or whose health insurance doesn't provide adequate mental health benefits. These clients also cannot afford current market rates for therapy (between \$80-200 a session). We help our members access their choice of

affordable in-person or online care from a vetted mental health professional.  
Please [visit our client information page to learn more](#).

## **National Alliance for Mental Illness (NAMI)**

<https://www.nami.org/Support-Education>

NAMI provides free education and support to individuals with mental illness as well as to their family members.

If you are struggling with your mental health, the **NAMI HelpLine** is here for you: Available Monday Through Friday, 10 A.M. – 10 P.M., ET.

- Call 1-800-950-NAMI (6264), text "HelpLine" to 62640 or email us at [helpline@nami.org](mailto:helpline@nami.org)
- The **NAMI Teen & Young Adult (T&YA) HelpLine** offers a direct connection with another young person who shares similar experiences and is prepared to offer information, resources, and support to help you move through difficult times to a better place. Call 1-800-950-6264, or chat <https://nami.org/help> or text "Friend" to 62640, or email [helpline@nami.org](mailto:helpline@nami.org) to connect with us.
- \*The NAMI HelpLines are not a hot line, crisis line or suicide prevention line. If you or someone you know is experiencing a crisis, please chat at <https://988lifeline.org/chat/> or call or text 988.

## **General resources such as food and housing**

If you are concerned about a family in need of food or assistance, or you need resources yourself, you can:

- Call 211
- Contact your local non-profit [Family Resource Center](#), or
- Apply for public benefits through your county's [Social Services or Health and Human Services department](#). These benefits may include health care, cash aid, and food and nutrition help.

## **Self-Help Resources**

CBT (cognitive behavioral therapy)

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/self-help-cbt-techniques/>

<https://positivepsychology.com/cbt-cognitive-behavioral-therapy-techniques-work-sheets/>

DBT (dialectical behavioral therapy)

<https://dbtselfhelp.com/>

Variety of topics, including coping skills, and worksheets/activities

<https://www.therapistaid.com>

<https://www.getselfhelp.co.uk/self-help/>

Trauma-related resources

<https://www.nicabm.com/blog/>

The Feelings Wheel (identifying emotions)

<https://www.calm.com/blog/the-feelings-wheel>

Guided Meditations by Area of Need

<https://www.calm.com/blog/essentials>

<https://www.fragrantheart.com/cms/free-audio-meditations>

California Health-Related Resources, Free Hotlines, and Guides

<https://covid19.ca.gov/resources-for-emotional-support-and-well-being/>

Stress handbooks for adults, caregivers, and kids plus CA health-related resources: <https://osg.ca.gov/resources/>

Healthy living for youth / students

[https://ca.pbslearningmedia.org/subjects/health-and-physical-education/skills-for-healthy-living/?rank\\_by=recency](https://ca.pbslearningmedia.org/subjects/health-and-physical-education/skills-for-healthy-living/?rank_by=recency)

CA hubs for mental health resources for youth and families, including free hotlines:

<https://www.chhs.ca.gov/youthresources/>

<https://www.calhope.org/>

## **Mental Health Related Books**

It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle by Mark Wolynn

Hold Me Tight: Seven Conversations for a Lifetime of Love (The Dr. Sue Johnson Collection, 1) by Dr. Sue Johnson

The Dance of Anger: A Woman's Guide to Changing the Patterns of Intimate Relationships by Harriet Lerner

Burnout: The Secret to Unlocking the Stress Cycle by Emily Nagoski PhD and Amelia Nagoski DMA

Mindsight: The New Science of Personal Transformation by Daniel J. Siegel M.D.

### **Therapy Workbooks**

The Anxiety and Phobia Workbook Paperback – May 1, 2020 by Edmund J. Bourne PhD

The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, ... (A New Harbinger Self-Help Workbook) Part of: A New Harbinger Self-Help Workbook (115 books) by Matthew McKay PhD

### **Mental Health Related Books for Youth**

The Invisible String (The Invisible String, 1) Paperback – Picture Book, October 30, 2018 by Patrice Karst (Author), Joanne Lew-Vriethoff (for grief/separation/attachment)

In My Heart: A Book of Feelings (Growing Hearts) by Jo Witek

Listening to My Body: A guide to helping kids understand the connection between their sensations (what the heck are those?) and feelings so that they can get better at figuring out what they need. Paperback – July 23, 2017 by Gabi Garcia (Author), Ying Hui Tan (Illustrator)

### **Therapy Workbooks for Youth**

Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and Get Along with Others Paperback – September 1, 2021 by Sheri Van Dijk MSW

CBT Toolbox for Children and Adolescents: Over 200 Worksheets & Exercises  
for Trauma, ADHD, Autism, Anxiety, Depression & Conduct Disorders  
by Lisa Phifer

### **Questions?**

Please reach out to me by email at [kristen@kristenhornung.com](mailto:kristen@kristenhornung.com) or by phone at 619-202-1481 if you have any questions about how to access resources or need assistance with referral to a different therapy provider.