



# *Coping through Crisis*

## RESOURCES FOR A CHALLENGING TIME

### Books:

- Self-Compassion by Kristin Neff
- The Language of Emotions by Karla McLaren
- When Things Fall Apart by Pema Chodron
- Radical Acceptance by Tara Brach

### Ted Talks:

- Emotional Mastery: The Gifted Wisdom of Unpleasant Feelings
- Want to be happier? Stay in the Moment

### Meditation Resources:

- <https://www.tarabrach.com/guided-meditations/>
- <https://www.wellseekers.com/blog/3-simple-ways-to-work-meditation-into-your-day>
- <https://www.wellseekers.com/blog/the-breathing-tool-that-will-literally-change-your-life>
- <https://www.wellseekers.com/videos/you-should-know-the-4-7-8-breathing-technique-to-help-reduce-stress>

### Apps:

- Stop, Breathe, Think
- Headspace
- Calm

### Getting connected to a therapist in your area:

<https://www.psychologytoday.com/us>

<https://www.inclusivetherapists.com/>

<https://www.talkspace.com>

<https://www.betterhelp.com>





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**Suicide Prevention Hotline:**

<https://suicidepreventionlifeline.org> or 1-800-273-TALK

**Domestic/Interpersonal Violence Hotline:**

<https://www.thehotline.org/help/>

**The Trevor Project/ LGBTQ Support for ages 13-24:**

1-866-488-7386

**Youth Talkline:**

1-800-246-PRIDE

**The GLBT National Help Center:**

1-888-THE-GLNH

**National Child Abuse Hotline:**

1-800-4-A-CHILD

**National Sexual Assault Hotline:**

1-800-656-HOPE

**Eating Disorders Awareness and Prevention:**

1-800-931-2237

