

# COMMUNITY RESOURCE GUIDE

As humans, we all have needs. Some of these needs include:

FOOD

SHELTER

CLOTHING

SLEEP

SAFETY

HEALTH

CONNECTION  
TO OTHERS

SENSE OF  
BELONGING

RESPECT

SENSE OF  
PURPOSE

When our needs are not met, asking for help is very important! Because we do not schedule a crisis, it is helpful to create a plan to know exactly what to do and who to reach out to when we need help.

## Signs that require IMMEDIATE ASSISTANCE:

Thoughts or  
impulses of  
harming yourself  
or others

Making plans to  
harm yourself or  
other

Feeling out of  
touch with  
reality

## REFLECT:

There are many places we can turn to for help when we need it. People in our support circle and organizations in our community are here to help! Below, fill out the name and phone number of the people and organizations who can meet each specific need (food, shelter, clothing, etc.) and how you would reach out to them when you need to.

If you need help finding local resources, you can:



Call 2-1-1



Search: Resources for  
(your need) in (your city).



Go to your local libraries, schools, hospitals, spiritual centers, and other local county resources.

## FOOD

NAME and PHONE NUMBER

Ways that I will reach them when I need help and/or am in crisis:

1. People who can help:

\_\_\_\_\_  
\_\_\_\_\_

- In-Person     Text  
 Phone call     Email

2. Organizations who can help:

\_\_\_\_\_  
\_\_\_\_\_

- In-Person     Text  
 Phone call     Email

## SHELTER

NAME and PHONE NUMBER

Ways that I will reach them when I need help and/or am in crisis:

1. People who can help:

\_\_\_\_\_  
\_\_\_\_\_

- In-Person     Text  
 Phone call     Email

2. Organizations who can help:

\_\_\_\_\_  
\_\_\_\_\_

- In-Person     Text  
 Phone call     Email

## CLOTHING

NAME and PHONE NUMBER

Ways that I will reach them when I need help and/or am in crisis:

1. People who can help:

\_\_\_\_\_  
\_\_\_\_\_

- In-Person     Text  
 Phone call     Email

2. Organizations who can help:

\_\_\_\_\_  
\_\_\_\_\_

- In-Person     Text  
 Phone call     Email

## SAFETY

NAME and PHONE NUMBER

Ways that I will reach them when I need help and/or am in crisis:

1. People who can help:

\_\_\_\_\_  
\_\_\_\_\_

- In-Person     Text  
 Phone call     Email

2. Organizations who can help:

\_\_\_\_\_  
\_\_\_\_\_

- In-Person     Text  
 Phone call     Email

**HEALTH**

**NAME and PHONE NUMBER**

1. People who can help: \_\_\_\_\_

\_\_\_\_\_

2. Organizations who can help: \_\_\_\_\_

\_\_\_\_\_

Ways that I will reach them when I need help and/or am in crisis:

In-Person     Text

Phone call     Email

In-Person     Text

Phone call     Email

**CONNECTION TO OTHERS**

**NAME and PHONE NUMBER**

1. People who can help: \_\_\_\_\_

\_\_\_\_\_

2. Organizations who can help: \_\_\_\_\_

\_\_\_\_\_

Ways that I will reach them when I need help and/or am in crisis:

In-Person     Text

Phone call     Email

In-Person     Text

Phone call     Email

**YOU CAN ALWAYS ADD PEOPLE TO YOUR CIRCLE; IT IS FOREVER GROWING! IF YOU ARE STRUGGLING TO COME UP WITH PEOPLE WHO CAN HELP YOU, THAT IS AN AREA TO FOCUS ON AND GROW.**

**CHALLENGE:**

Reach out a support person that you listed above to have a conversation and keep a strong connection.

Practice reaching out to one of the organizational supports that you listed above. For example, you can call an organization in your community to learn more about the services they offer or practice texting a crisis line.