

Links to Support Resources

If at any point you feel the need or motivation to seek additional support, please consider the resources below as a starting point.

911 – Life-Threatening Emergencies

Hamline University Counseling and Health Services

1 (651) 523-2204

Hamline University Public Safety

1 (651) 523-2100

Ramsey County Mental Health Crisis Program 24/7

1 (651) 266-7900

National Suicide Prevention Lifeline

1 (800) 273-8255 (or text HOME to 741741)

En Español: (888) 628-9454

National Child Traumatic Stress Network – All Types of Child Trauma

<https://www.nctsn.org>

STAND! For Families Free of Violence – Domestic Violence

<https://www.standffov.org>

National Domestic Violence Hotline

<https://www.thehotline.org>

call (800) 799-7233

Childhelp – 24/7 Child Abuse Resources

(800) 4AC-HILD

Trevor Lifeline for LGBTQ+ Youth

<https://www.thetrevorproject.org/get-help/>

(866) 488-7386 (or text START to 678678)

National Runaway Safeline

<https://www.1800runaway.org>

(800) RUN-AWAY (or text 66008)

Substance Abuse and Mental Health Services Administration (SAMHSA)

<https://www.samhsa.gov/resource/dbhis/climate-change-trauma>

Call or text 988

National Sexual Assault Hotline

(800) 656-HOPE

Links to Support Resources

<https://rainn.org>

National Human Trafficking Hotline

<https://humantraffickinghotline.org/en>

call (888) 373-7888

Say Something Anonymous Reporting – Peer Victimization, School Shootings

<https://www.sandyhookpromise.org/say-something-tips/>

Federal Emergency Management Agency (FEMA) – Assistance for Environmental Disaster

<https://www.fema.gov>

<https://www.disasterassistance.gov>

Boston University Center for Antiracist Research – Founded by Ibram X. Kendi

<https://www.bu.edu/antiracism-center/>

UNHCR – UN Refugee Agency

<https://www.unhcr.org/us/what-we-do/resettlement-united-states/u-s-resettlement-partners>

National Mental Health Hotline

<https://mentalhealthhotline.org>

(866) 903-3787

211 Community Services – Directory for Local Support Services

211.org or call 211

Talkspace Online Therapy

<https://www.talkspace.com>

Psychology Today – Find a Therapist Near You

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