



*crisis management*  
**WORKSHEET**

---

**EMERGENCY RESOURCES**

Suicide Hotline Numbers:

National (U.S.): 1-800-273-8255

---

Local:

---

Nearest Hospital:

---

---

Shelters that support adults and children who have been abused:

---

---

**REFERRAL RESOURCES**

In the U.S. dial 211 or look online for help in finding mental health resources or log on to [psychologytoday.com](http://psychologytoday.com) and click on their "Find a Therapist" link. You can also check with your insurance provider.

Local Sexual Abuse Center:

---

---

Local Abuse Reporting Agencies:

---

---

*Please note: If you are worried about someone's immediate safety after they express suicidal ideation, go to [www.BeThe1To.com](http://www.BeThe1To.com) for help in knowing what to do. Read through the five action steps that can help you deal with your specific situation. If you feel the threat is imminent, call 911 (in the U.S.), explain the situation and request a "well-check" to make sure the person is ok.*