

# Crisis Resources STL & International

**If you or someone you know is in crisis, please utilize the following resources:**

Dial 911 for Emergency assistance | Dial 988- Suicide and crisis lifeline

Missouri988.org/988lifeline.org

Dial 211- basic human needs assistance

Crisis text line- text HOME to 741741

Veterans crisis line- 988, press 1

National DV hotline- 1-800-799-7233

Stronghearts Native helpline- 1844-762-8483

S/A Hotline- 1800-656-4673

SAMHSA helpline- 1800-662-4357

NAMI- 1800-950-6264 or text "helpline" to 62640

National child abuse hotline- 1800-392-3738

Txt4help (44357)- national safe place service for teens in crisis

Courage2Report- school violence hotline 1866-748-7047 or text C2R to 738477

Stopbullying.gov

The Covering House- sexually trafficked youth 314-962-3450

Find a therapist- stlpsych.org

Goodtherapy.org

The Crossroads Program- Drug Abuse Treatment for Teens & young adults 636-532-9991

Anxiety & Depression Association of America- adaa.org

## **Relational Trauma Resources:**

Pete Walker's 13 Steps Flashback Mgmt- make our own & pocket version

Pete Walker's Common Inner Critic attacks- make our own

Pete walker MA, psychotherapy website [www.pete-walker.com](http://www.pete-walker.com)

SEEK Safely [seeksafely.org](http://seeksafely.org)

CPTSD Foundation- complex trauma info/support [cptsdfoundation.org](http://cptsdfoundation.org)

Blue Knot Foundation- complex trauma info/support [blueknot.org/au](http://blueknot.org/au)

Out of the Storm- CPTSD support [www.outofthestorm.website](http://www.outofthestorm.website)

Out of the Fog- personality disorders (narcissism, NPD, BPD) [www.outofthefog.website](http://www.outofthefog.website)

AA- alcoholics anonymous [aa.org/find-aa](http://aa.org/find-aa)

Al-Anon- friends/families of alcoholics [al-anon.org](http://al-anon.org)

ACA- adult children raised in alcohol/dysfunctional families [adultchildren.org](http://adultchildren.org)

CoDA- co-dependents working to end dysfunctional relationship patterns [coda.org](http://coda.org)