

Help and Support- USA

Our mission is to ensure everyone can access the help and support they need. We recognise that the struggles we face are individual and diverse. A range of support and services exist within our organisation and our community. We have listed the ones we recommend below. Please let us know if you have any questions or if you know of other services that may be included.

It's ok not to feel ok, and it's absolutely ok to ask for help.

We organise **help and support** into six key pillars:



EMOTIONAL
WELLBEING



PHYSICAL
HEALTH



SPIRITUAL
WELLBEING



SOCIAL
WELLBEING



FINANCIAL
WELLBEING



WORK AND
CAREER

United States



**EMOTIONAL
WELLBEING**

Being aware of your emotions and feelings, having the resilience to overcome challenges, and being able to cope with the normal stresses of life are important.

Doctor

Psychologist, therapist, or counsellor

National Suicide Prevention Lifeline

Provides 24/7, free, and confidential support for people in distress and prevention and crisis resources for you or your loved ones.

<https://suicidepreventionlifeline.org>

1 800 273 8255

National Alliance on Mental Illness (NAMI) Helpline

A free, nationwide peer-support service that provides information, resource referrals, and support to people living with mental health conditions, as well as their family members and caregivers.

www.nami.org

1 800 950 6264 or email info@nami.org

National Domestic Violence Hotline

Access highly trained advocates who are available 24/7 to talk confidentially with anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship.

www.thehotline.org



1 800 799 7233

HelpGuide

Provides empowering, evidence-based information that you can use to help yourself and your loved ones.

www.helpguide.org

Online apps and resources

 <p>PHYSICAL HEALTH</p> <p>Making good choices that contribute to better physical health, such as staying active, eating balanced nutrition, getting adequate sleep, and drinking sufficient hydration.</p>	<p>Doctor Physiotherapist/massage therapist Dietician/nutritionist Personal trainer</p> <p>National Domestic Violence Hotline Access highly trained advocates who are available 24/7 to talk confidentially with anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship. www.thehotline.org 1 800 799 7233</p> <p>HelpGuide Provides empowering, evidence-based information that you can use to help yourself and your loved ones. www.helpguide.org</p> <p>Online apps and resources</p>
 <p>SPIRITUAL WELLBEING</p> <p>A sense of purpose, connectedness, meaning, and harmony reflects your values and beliefs.</p>	<p>Spiritual leader</p> <p>Hospice Foundation of America A trusted source of information on end-of-life, hospice care, and grief. www.hospicefoundation.org 1 800 854 3402</p> <p>Online apps and resources</p>

<div data-bbox="267 333 446 512"> </div> <p data-bbox="284 552 430 598">SOCIAL WELLBEING</p> <p data-bbox="203 646 511 993">Having the ability to form satisfying interpersonal relationships with others. It also relates to your ability to adapt comfortably to social situations and act appropriately in various settings.</p>	<p data-bbox="876 333 1166 401">Social worker Relationship counselor</p> <p data-bbox="784 438 1258 470">National Problem Gambling Helpline</p> <p data-bbox="545 474 1498 541">Provides 24/7, free, and confidential support to anyone dealing with a gambling problem. Support is also available to family members and friends.</p> <p data-bbox="878 548 1166 575">www.ncpgambling.org</p> <p data-bbox="839 579 1203 609">1 800 522 4700 (call or text)</p> <p data-bbox="951 648 1092 678">HelpGuide</p> <p data-bbox="570 682 1474 749">Provides empowering, evidence-based information that you can use to help yourself and your loved ones.</p> <p data-bbox="894 756 1148 785">www.helpguide.org</p> <p data-bbox="889 825 1153 854">Rotary International</p> <p data-bbox="545 858 1498 995">A global network of 1.2 million people who see a world where people unite and take action to create lasting change. As a member, you can share ideas, make plans, hear from the community, and catch up with friends during club programs that fuel Rotary International's impact.</p> <p data-bbox="919 1001 1123 1029">www.rotary.org</p> <p data-bbox="852 1068 1190 1098">Online apps and resources</p>
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 <p>FINANCIAL WELLBEING</p> <p>Understanding your financial situation will help you make the most of what you have in day-to-day life and plan for your future.</p>	<p>Financial counselling</p> <p>Benefits.gov Helps you find federal benefits you may be eligible for in the United States. www.benefits.gov</p> <p>Mint Free online budget tracker and planner that helps you understand your spending for a brighter financial future. www.mint.com</p> <p>National Problem Gambling Helpline Provides 24/7, free, and confidential support to anyone dealing with a gambling problem. Support is also available to family members and friends. www.ncpgambling.org 1 800 522 4700 (call or text)</p> <p>Online apps and resources</p>
 <p>WORK AND CAREER</p> <p>Working productively and fruitfully, feeling fulfilled and motivated, and maintaining a healthy work-life balance.</p>	<p>Career counselor</p> <p>CareerOne Stop Provides career information, training, resources, and advice. www.careeronestop.org 1 877 872 5627 or email info@careeronestop.org</p> <p>Job Bank USA Provides employment and resume information services. www.jobbankusa.com</p> <p>Online apps and resources</p>