

Resources

While this list is not inclusive of all resources, I hope you find these helpful. Please don't hesitate to reach out for help. Asking for help is one of life's biggest strengths.

- **National Suicide Prevention Hotline** - 1-800-273-8255, <https://suicidepreventionlifeline.org/>
- **Mental Health Network** - <https://www.mhn.com/>, 1-800-662-HELP (4357)
- **Overeaters Anonymous** - <https://oa.org/>
- **National Eating Disorders** - <https://www.nationaleatingdisorders.org/help-support/covid-19-resources-page>
- **CHADD - Children and Adults with ADD/ADHD** - <https://chadd.org/>
- **Tourette Association of America** - <https://tourette.org/about-tourette/overview/what-is-tourette/>
- **Southern Poverty Law Center (Anti Racism Network)** - <https://www.splcenter.org/>
- **National Alliance on Mental Illness (PTSD, Anxiety, Bipolar, Eating Disorders, Depression and others)** <https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Posttraumatic-Stress-Disorder>
- **English Learner Resources - US. Department of Education** - <https://www2.ed.gov/about/offices/list/ocr/ell/edlite-otherresources.html>
<https://www.ncela.ed.gov/external-resources>
- **GLADD (Gay & Lesbian Alliance Against Defamation)** - <https://www.glaad.org/resources>
- **United States Citizen and Immigration Services** - <https://www.uscis.gov/>
- **American Civil Liberties Union (ACLU)** - <https://www.aclu.org/>