## Appendix H. List of Local and National Resources For Participants - Site Example

*Example Local and National Resource List to be tailored for each site. This resource list is for [Tribal Nation] in [Name of town/city, State].*

**Resource List for National and Regional Tribal Services Related to Trauma and Substance Abuse on the *[Tribal Nation]***

If you are experiencing a crisis, stress, anxiety, depression, hopelessness, or substance abuse or know someone who is, know that **you are not alone, and help is available**. Below is a list of local and regional resources for behavioral health and substance abuse resources, as well as community resources aimed at individuals and families experiencing challenges in daily life.

**Resources that allow you to speak with someone immediately:**

**Crisis line** for the *[Tribal Nation]*: (XXX) XXX-XXXX OR Text "life" to 61222

Website: *[Tribal Nation website]*

The Minneapolis-based *National Native American Boarding School Healing Coalition* has compiled a Resource List for Trauma Responses (<https://boardingschoolhealing.org/self-care-resources/>).

**All of these national resources are free, confidential, and available 24/7**:

**National Suicide Prevention Lifeline** | 1-800-273-TALK (8255) | Support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals

**Crisis Text Line** | Text HOME to 741741 | Text with a Crisis Counselor, a real human trained to bring texters from a hot moment to a cool calm through active listening and collaborative problem solving

**Veterans Suicide Prevention Hotline** | 1-800-273-TALK (8255), Veterans Press 1 | Text 838255 | Chat online at: https://www.veteranscrisisline.net | Connect with caring, qualified responders at the Department of Veterans Affairs

**Substance Abuse and Mental Health Services Administration National Helpline** | 1-800-662-HELP (4357) | For individuals and families facing mental and/or substance use disorders

**National Sexual Assault Hotline** | 1-800-656-HOPE (4673) | You will be connected with a trained staff member from a sexual assault provider near you

**Domestic Violence Hotline** | 1-800-799-SAFE (7233) | Chat online at: www.thehotline.org | For anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship

**Resources Offered on *[Tribal Nation Reservation]***

**Mental Health:** *[Tribal Nation]* **(other locations -see** *[Tribal Nation website]*
Phone: (XXX) XXX-XXXX | (XXX) XXX-XXXX | Email: *[service provider email address]*

**Substance Abuse (Intakes and Assessments): *[Tribal Nation]* Substance Abuse (other locations -** *[Tribal Nation website]*

**Substance Abuse** (Peer Support to help people become and stay engaged in long-term recovery) | Phone: (XXX) XXX-XXXX

**Family Treatment Centers**: **Women's Wellbriety Center (other locations -see** *[Tribal Nation website]***|** Phone: (XXX) XXX-XXXX Email: *[service provider email address]*

**Indian Child Welfare:** [Tribal Nation] **(other locations -see** [Tribal Nation website]| Phone:(XXX) XXX-XXXX

The **Substance Abuse and Suicide Prevention (SASP) program**, [formerly known](https://www.ihs.gov/sites/newsroom/themes/responsive2017/display_objects/documents/2016_Letters/DTLL_SASP_040116.pdf) as the Methamphetamine and Suicide Prevention Initiative (MSPI), is a nationally-coordinated program focused on providing methamphetamine and suicide prevention and intervention resources for Indian Country. For interventions on the *[Tribal Nation]*, see *[Tribal Nation website]*

**Regional Resources for Trauma, Substance Abuse and Family Stabilization**

**The Minnesota Trauma Project** has a list of therapists who have completed advanced training in at least one model of trauma treatment. The full list, including care provider bios, can be found here: (https://www.mntraumaproject.org/mn-trauma-therapist-directory)

Therapists who work with Native American communities or historical/racial trauma include:

* Jay Hunter, MA, LMFT (Muskogee Creek) | 651-269-0485 | www.soaringeagletherapy.com | 241 Cleveland Ave S, Suite B-5, Saint Paul, MN 55105
* Theresa J. Crawford, LMFT | 612-298-1835 | www.crawfordtherapy.com | Minneapolis & Bloomington locations

**Minnesota Indian Women’s Resource Center** offers programs to support women and families’ well-being, including family stabilization services, affordable housing, access to substance abuse and mental health care, and cultural resilience and healing(<https://www.miwrc.org/>)

**National Resources on Trauma and Adverse Childhood Experiences**

From [Indian Country Child Trauma Center (ICCTC)](http://www.icctc.org/) at the University of Oklahoma:

* [What is Trauma? A Guide for Parents](http://www.icctc.org/what%20is%20trauma-final.pdf) - printable brochure
* [Trauma in Indian Country: A Guide for Professionals](http://www.icctc.org/Trauma%20in%20Indian%20Country%20final.pdf) - printable brochure

**We R Native**: A comprehensive health resource for Native youth, by Native youth, providing content and stories about the topics that matter most to them | Includes resources and information on mental health and substance use (<https://www.wernative.org/>)

**National Resources on Substance Abuse Partnership to End Addiction**: Drug Free America has information for families and young people facing addiction, including a helpline, peer support, and tools and resources (<https://drugfree.org/get-support-now/>)

General information about Native American Substance Abuse Programs and Treatment (<https://www.rehabs.com/addiction-treatment-resources/native-americans/>)