Helpful Websites for Education, Tips, and Resources

# Mental health:

* [www.uhs.umich.edu](http://www.uhs.umich.edu) “things you can do for your mental health”
* [www.mhanational.org](http://www.mhanational.org) “ 31 tips to boost your mental health”
* [www.nami.org](http://www.nami.org) “ self health techniques for coping with mental illness”
* [www.helpguide.org](http://www.helpguide.org) “ building a better mental health”
* [Www.reidhealth.org](http://www.reidhealth.org) “mental health: 9 daily activities”

# Drug Abuse:

* [www.samhsa.gov](http://www.samhsa.gov)
* [www.drugabuse.gov](http://www.drugabuse.gov)
* [www.medlineplus.org](http://www.medlineplus.org)
* [www.helpguide.org](http://www.helpguide.org)

# Domestic Violence:

* [www.acesdv.org](http://www.acesdv.org)
* [www.helpguide.org](http://www.helpguide.org)
* [www.ncadv.org](http://www.ncadv.org)

# Food pantries :

* [www.foodpantries.org](http://www.foodpantries.org)

# Homeless Shelters:

* [www.Homelessshelterdirectory.org](http://www.homelessshelterdirectory.org)

Hotlines

Abuse:

1. National secual assault hotline- 1-800-hope (1-800-656-4673)
2. United States Elder abuse- 1-866-363-4276
3. National child abuse hotline- 1-800-4-A-Child ( 1-800-422-4453)
4. Family Violence prevention Center- 1-800-313-1310

Domestic Violence:

1. National Domestic Violence Hotline- 1-800-799-SAFE
2. Battered women and their children- 1-800-603-HELP
3. Elder abuse hotline- 1-800-252-8966

Suicide:

1. Suicide prevention hotline- 1-800-827-7571
2. Suicide hotline- 1-800-SUICIDE (1-800-784-2433)
3. 1-800-273-TALK (1-800-273-8255)

Homelessness:

1. 1-800-395-5755

**More helpful hotlines can be found at:** [**www.PleaseLive.org/Hotlines**](http://www.pleaselive.org/Hotlines)