

WORKSHEET: Setting Up Your Own Resource and Referral Lists

Resource List	Referral List
24 Hour Emergency and Crisis Phone and Text Lines  Suicide Prevention Hotlines  Teen Crisis Lines  Domestic violence resources	Psychiatrists:
Food resources  Clothing  Transportation  Housing  Social services	Individual therapists:
Hospitals  Clinics  Substance abuse treatment	Couples therapists:
	Consultants:
<u>Specialties:</u> Trauma EMDR Substance use Sex addiction TBI Severe mental illness	