

RED LIGHT SKILLS: RESOURCES

As humans, we all have needs. Some of these needs include:

FOOD

SHELTER

CLOTHING

SLEEP

SAFETY

HEALTH

CONNECTION
TO OTHERS

SENSE OF
BELONGING

RESPECT

SENSE OF
PURPOSE

When our needs are not met, asking for help is very important! Because we do not schedule a crisis, it is helpful to create a plan to know exactly what to do and who to reach out to when we need help.

Signs that require IMMEDIATE ASSISTANCE:

Thoughts or
impulses of
harming yourself
or others

Making plans to
harm yourself or
other

Feeling out of
touch with
reality

REFLECT:

There are many places we can turn to for help when we need it. People in our support circle and organizations in our community are here to help! Below, fill out the name and phone number of the people and organizations who can meet each specific need (food, shelter, clothing, etc.) and how you would reach out to them when you need to.

If you need help finding local resources, you can:



Call 2-1-1



Search: Resources for
(your need) in (your city).



Go to your local libraries, schools,
hospitals, spiritual centers, and
other local county resources.

FOOD

NAME and PHONE NUMBER

Ways that I will reach them when I need help and/or am in crisis:

1. People who can help:

- In-Person Text
 Phone call Email

2. Organizations who can help:

- In-Person Text
 Phone call Email

SHELTER

NAME and PHONE NUMBER

Ways that I will reach them when I need help and/or am in crisis:

1. People who can help:

- In-Person Text
 Phone call Email

2. Organizations who can help:

- In-Person Text
 Phone call Email

CLOTHING

NAME and PHONE NUMBER

Ways that I will reach them when I need help and/or am in crisis:

1. People who can help:

- In-Person Text
 Phone call Email

2. Organizations who can help:

- In-Person Text
 Phone call Email

SAFETY

NAME and PHONE NUMBER

Ways that I will reach them when I need help and/or am in crisis:

1. People who can help:

- In-Person Text
 Phone call Email

2. Organizations who can help:

- In-Person Text
 Phone call Email

HEALTH

NAME and PHONE NUMBER

Ways that I will reach them when I need help and/or am in crisis:

1. People who can help:

- In-Person Text
 Phone call Email

2. Organizations who can help:

- In-Person Text
 Phone call Email

CONNECTION TO OTHERS

NAME and PHONE NUMBER

Ways that I will reach them when I need help and/or am in crisis:

1. People who can help:

- In-Person Text
 Phone call Email

2. Organizations who can help:

- In-Person Text
 Phone call Email

YOU CAN ALWAYS ADD PEOPLE TO YOUR CIRCLE; IT IS FOREVER GROWING! IF YOU ARE STRUGGLING TO COME UP WITH PEOPLE WHO CAN HELP YOU, THAT IS AN AREA TO FOCUS ON AND GROW.

CHALLENGE:

Reach out a support person that you listed above to have a conversation and keep a strong connection.

Practice reaching out to one of the organizational supports that you listed above. For example, you can call an organization in your community to learn more about the services they offer or practice texting a crisis line.