

Support & Self-care Resources

National Hotlines:

[National Human Trafficking Hotline:](#)

1 (888) 373-7888

SMS: 233733 (Text "HELP" or "INFO")

Hours: 24 hours, 7 days a week

Languages: English, Spanish and 200 more languages

[National Domestic Violence Hotline:](#) 1-800-799-7233 (SAFE) or 1-800-787-3224 (TTY)

[National Sexual Assault Hotline](#) (RAINN): 1-800-656-HOPE (4673)

[National Suicide Prevention Lifeline:](#) (800) 273-8255 (online chat available)

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

[Crisis Text Line:](#) Text START to 741-741

Crisis Text Line is free, 24/7 support for those in crisis. Text from anywhere in the USA to text with a trained Crisis Counselor.

[The Gay, Lesbian, Bisexual and Transgender National Hotline:](#) (888) 843-4564

[The GLBT National Youth Talkline](#) (youth serving youth through age 25): (800) 246-7743

Both provide telephone, online private one-to-one chat and email peer-support, as well as factual information and local resources for cities and towns across the United States.

[Trans Lifeline:](#) (877) 565-8860

Trans Lifeline is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive

[SAMHSA's National Helpline:](#) **1-800-662-HELP (4357)**

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

[National Sexual Violence Resource Directory](#)

You may search by need or geography to identify resources that would be helpful to you.

Trauma Support

MaleSurvivor (www.malesurvivor.org) offers online support to male-identifying survivors of sexual harm, including commercialized sexual violence.

Recovery Support

AA meeting directory in and around Richmond, VA - [Interactive Guide to AA Meetings in and around Richmond, VA \(aarichmond.org\)](http://aarichmond.org)

CA online meeting director - [CA-ONLINE.ORG – The Online Service Area of Cocaine Anonymous](http://CA-ONLINE.ORG)

CA meeting directory (Virginia)- [Meetings | COCAINE ANONYMOUS \(tradition5.org\)](http://tradition5.org)

SAA support - [Get help with sex addiction. Find a recovery meeting today! - SAA \(saa-recovery.org\)](http://saa-recovery.org)

NA meeting directory - [NAWS : Find a meeting](http://NAWS.org)

Richmond/Virginia Area Resources:

Richmond Behavioral Health Authority:

(814) 819-4000

<https://www.rbha.org/services/crisis-response/city-of-richmond.aspx>

RBHA's Crisis Intervention provides 24-hour emergency services, information, referral, and triage for outpatient services for individuals in the City of Richmond. Crisis clinicians will be available to discuss and respond to service needs.

Individuals seeking services from outside the City of Richmond will be linked to the Crisis Intervention program or to the Community Services Board serving the locality where they reside.

Safe Harbor (YWCA Richmond)

<https://safeharborshelter.com/>

(804) 612-6126

We offer comprehensive services for survivors of domestic violence, sexual violence, and human trafficking including: individual and group counseling, children/youth services, 24-hour helpline, court advocacy, emergency shelter, hospital accompaniment, and community education and training.

VA Sexual and Domestic Violence Action Alliance:

<https://vsdvalliance.org/>

800-838-8238

Virginia Victim Assistance Network:

<https://vanetwork.org/>

Victim Assist Helpline: (855) 4-HELP-VA

Human Trafficking Infoline: (833) 463-6448

Samaritan House VA

<https://samaritanhouseva.org/resources/>

(757) 430-2120

The Samaritan House 24-hour crisis hotline provides comprehensive, wrap-around crisis services to victims of domestic violence, sexual assault, stalking and human trafficking.

Self-care Links and Activities:

Harvard [Anti-Racism Series, Resources for Self-care](#)

[Bilingual Center for Mindfulness](#)

[BIPOC/AAPI Mental Health Resources](#)

Stretches at Your Desk:

[10 Best Stretches for Office Workers](#)

[Stretches to Do at Work Every Day](#)

Meditation:

[Mini Meditation | Let Go of Stress](#)

[2 Minute Guided Meditation for Grounding](#)

[Grounding Tools from NSVRC](#)

Coloring pages:

[SAAM Coloring Pages](#)

[Coloring Page by Audrey Kawasaki](#)

[Studio Museum Harlem](#)

[Art Institute of Chicago](#)

[Crafty Chica](#)

[Free Coloring Pages for Adults from Art is Fun!](#)

Relaxing videos:

[The Most Relaxing Waves Ever](#)

[Nature sounds music for Meditation - Birds chirping, birds singing](#)

[Rain Sound Relaxation](#)

[Live Coral Reef Aquarium](#)

[Goat Babies in Pajamas](#)

Music and Performances:

[Focus & Flow](#)

[Shippensburg University Women's Center Women's History Month Playlist](#)

[Kanneh-Mason Family](#)

[Alvin Ailey American Dance Theater](#)

[Yo-Yo Ma](#)

RIC Wellness Workgroup Members:

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