



You Always Have Options
Abortion access, pills, privacy, support, resources.
YouAlwaysHaveOptions.com

Call 800-662-HELP (4357), available 24/7.

SAMHSA National Helpline
For mental health and substance use treatment resources.

800-799-SAFE (7233) or text "START" to 88788.

Offers 24/7 confidential support.

National Domestic Violence Hotline

Call 844-7NATIVE (762-8483).

StrongHearts Native Helpline
Culturally appropriate support for Native Americans dealing with domestic violence.

Text HELLO to 741741.

Free, 24/7 support via text for any type of crisis.

Crisis Text Line

ImmigrantDefenseProject.org

Legal resources and information for immigrants.

Immigrant Defense Project

HOW TO STRENGTHEN LOCAL CONNECTIONS FOR COMMUNITY RESILIENCE

SYA

Map Local Skills and Needs

Identify skills and resources in your community. Knowing if there are doctors, carpenters, or people in need nearby strengthens mutual support. Keep a list of contacts and skills within the network so people know whom to reach out to in an emergency.

Resource Sharing

Set up a simple system to share tools, medical supplies, or transportation when needed.

Know Local Safe Zones

Make note of shelters, community centers, and friends' houses that could offer refuge. Keep directions to these places in your contact list.

COLLABORATE WITH LOCAL ACTIVISTS

Join Existing Groups
Connect with local activists or support groups, like food banks or mutual aid networks, to share resources.

Invite Others to Join You
Encourage others to join in ways that feel comfortable—whether it's organizing, donating, or staying informed.

Building these connections helps create a stronger, safer community—one that can support each other, no matter what happens.



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Check In With Yourself & Prioritize Rest

This is sustained work, and burnout is real. Check in with yourself, take shifts, and practice collective care—staying resilient means caring for ourselves and each other along the way.

Check In With Yourself & Prioritize Rest

like elderly or disabled folks.

Pair neighbors to check on each other,

Buddy System

virtually.

Hold a regular check-in to share updates,

Monthly Meetings

CHECK IN REGULARLY

keeps people safe.

Learn Digital Safety Together

Explore simple ways to keep things private and

practice safe digital habits as a group. Staying

mindful of security—online and in public—

Identify a few accessible locations where you and your group can meet if phones are down.

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Designate Safe Gathering Spots

In shared spaces, post updates or resources

for neighbors who aren't always online. Put

up a note in your apartment building to see if

Offline Bulletin Board

to use Signal (a free encrypted app for safe

CREATE A COMMUNICATION NETWORK

Group Messaging or Call Trees

Start a group chat or phone tree for fast

updates and support. Encourage people

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RESOURCES

National Suicide Prevention Lifeline

Dial 988 for free, 24/7 support in crisis situations.

Trans Lifeline

A hotline offering support and resources for transgender individuals, run by and for trans people.

Call 877-565-8860

The Trevor Project

Free, confidential support for LGBTQ+ people, 24/7 (including holidays):

Call: 866-488-7386

Text: 'START' to 678-678

Chat Online: TheTrevorProject.org/Help

Rape, Abuse & Incest National Network (RAINN)

The nation's largest anti-sexual violence organization.

Call 800-656-HOPE (4673) or chat at

RAINN.org.

Building connections with

neighbors and local organizers

is the foundation of all activism.

Strong, resilient networks can't be

built alone—and no one should be

left behind. Here are a few steps

to get started. These are skills to

keep cultivating throughout your

life, so let's start now.

BUILD COMMUNITY NETWORKS

Host Small Gatherings

Organize a potluck or community meal to

help neighbors connect. Try skill-sharing

sessions on topics like cooking, first aid,

digital security, or gardening to build

knowledge together.

CREATE A COMMUNICATION NETWORK

Group Messaging or Call Trees

Start a group chat or phone tree for fast

updates and support. Encourage people

to use Signal (a free encrypted app for safe

communication).

Offline Bulletin Board

In shared spaces, post updates or resources

for neighbors who aren't always online. Put

up a note in your apartment building to see if

anyone's interested in meeting up just to talk.

Designate Safe Gathering Spots

Identify a few accessible locations where you and your group can meet if phones are down.

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