

What to Do in a Crisis

- ****Call for Immediate Help**** – If you are in danger or feel unsafe, dial 911 right away.
- ****Reach Out to a Trusted Person**** – Contact a close friend, family member, or mentor who can support you in this moment.
- ****Ground Yourself in Truth**** – Breathe deeply, pray, or recite a scripture to calm your mind.
- ****Write it Down**** – Sometimes releasing thoughts onto paper can help ease the overwhelm.
- ****Remember: You Are Not Alone**** – Crisis moments pass, and help is always available.

Important Hotlines

- National Sexual Assault Hotline: 1-800-656-4673 (RAINN)
- Suicide & Crisis Lifeline: 988 (U.S.)
- Domestic Violence Hotline: 1-800-799-7233
- Crisis Text Line: Text HOME to 741741

“God is our refuge and strength, an ever-present help in trouble.” — Psalm 46:1