

POLICING REFORM RESOURCES AND INFORMATION

LIST OF SOME PLANNED PROTESTS IN NORTH TEXAS: bit.ly/blmprotestsnorthtexas

Faith In Texas Dallas Bail Fund - <https://faithintx.org/bailfund>

NAACP #WEAREDONEDYING - <https://naacp.org/campaigns/we-are-done-dying>

Making Change Guide - <https://www.obama.org/wp-content/uploads/Toolkit.pdf>

#8CANTWAIT - <https://8cantwait.org>

24/7 HOTLINES:

The National Suicide Prevention Hotline (1-800-273-8255)

National Helpline (1-800-662-4357)

Crisis Text Line (text "HOME" to 741741)

The Veterans Crisis Line (1-800-273-8255, press 1)

The Trevor Project for LGBTQ+ youth (1-866-488-7386)

Trans Lifeline (877-565-8860)

The National Sexual Assault Hotline (1-800-656-4673)

The National Domestic Violence Hotline (1-800-799-7223)

ADDITIONAL RESOURCES:

Substance Abuse and Mental Health Services Administration (SAMHSA) is an agency within the U.S. Department of Health and Human Services that offers resources to find affordable treatment and therapy: 1-800-662-4357

National Alliance on Mental Illness (NAMI) is a leader in the mental health space, with their own crisis line and resources to find therapy: 1-800-950-6264

Mental Health America, an organization that hosts resources for finding a therapist, running self-assessments, and more: <https://www.mhanational.org/finding-help>

MentalHealth.gov, the division of the U.S. Department of Health & Human Services with resources, support networks and their own 24/7 hotline: <https://www.mentalhealth.gov>