

Part 5: Curated Crisis Resources

Immediate Crisis Support

If you're having thoughts of suicide or self-harm:

- **National Suicide Prevention Lifeline:** 988
- **Crisis Text Line:** Text HOME to 741741
- **International Association for Suicide Prevention:** https://www.iasp.info/resources/Crisis_Centres/

24/7 Support Lines

- **RAINN National Sexual Assault Hotline:** 1-800-656-HOPE (4673)
- **National Domestic Violence Hotline:** 1-800-799-7233
- **SAMHSA National Helpline:** 1-800-662-4357

Online Communities (Moderated)

- **Reddit r/CPTSD:** Large, active community with good moderation
- **7 Cups:** Free emotional support chat
- **PTSD Forum:** Focused specifically on trauma recovery

Apps for Crisis Moments

- **PTSD Coach:** Free app from VA with grounding techniques
- **Calm:** Meditation and sleep stories (subscription)
- **Insight Timer:** Free meditation app with trauma-specific content

Books That Actually Help

- *"Complex PTSD" by Pete Walker* - The foundational text
- *"The Body Keeps the Score" by Bessel van der Kolk* - Understanding trauma's impact
- *"Adult Children of Emotionally Immature Parents" by Lindsay Gibson* - For childhood trauma
- *"Complex PTSD : From Surviving to Thriving" by Pete Walker* - A Journey to Recovery

Finding Trauma-Informed Therapy

- **Psychology Today:** Filter for trauma specialists
- **Open Path:** Affordable therapy options
- **Questions to ask potential therapists:**
 - Do you have training in trauma therapy?
 - What's your approach to CPTSD specifically?
 - How do you handle dissociation/panic in sessions?

Emergency Safety Planning

Create your personal safety plan:

1. Warning signs I'm in crisis:

2. Things that help me cope:

3. People I can call:

4. Professional contacts:

5. Safe environment strategies:

Remember: Using these resources isn't weakness - it's wisdom. You deserve support, care, and healing.

A Personal Note: I've used most of these resources myself

PSA : Disconnected Daze is here for you! You may contact us as well! Via Phone, email, or social media accounts...

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