

National Survivors' Resources

- **Americans with Disabilities Act**
 - <https://www.ada.gov/>
 - The ADA website provides information and technical assistance regarding the Americans with Disabilities Act
 - 1-800-514-0301 (voice)
 - 1-800-514-0383 (TTY)
- **American Chronic Pain Association**
 - <https://rarediseases.org/organizations/american-chronic-pain-association/>
 - Since 1980, the ACPA has offered peer support and education in pain management skills to people with pain, family and friends, and health care professionals. The information and tools on this site can help you to better understand your pain and work more effectively with your health care team toward a high quality of life.
- **American Trauma Society**
 - <https://www.amtrauma.org/>
 - The American Trauma Society is dedicated to the elimination of needless death and disability from injury. For 50 years, the ATS has served as an advocate for the trauma care system, trauma prevention programs, and survivors of trauma and their families throughout the United States.
- **AMPOWER**
 - <https://empoweringamputees.ning.com/>
 - The mission of AMPOWER is to empower and strengthen those affected by amputation or limb difference through peer mentorship, educational resources, and community events
- **Amputee Coalition**
 - <https://www.amputee-coalition.org/>
 - The mission of the Amputee Coalition is to reach out to and empower people affected by limb loss to achieve their full potential through education, support, and advocacy, and to promote limb loss prevention
- **Brain Injury Association of America**
 - <https://www.biausa.org>
 - The Brain Injury Association of America (BIAA) works to advance awareness, research, treatment, and education to improve the quality of life for all people affected by brain injury. BIAA is dedicated to increasing access to quality health care and raising awareness and understanding of brain injury.
- **Brainline**
 - <https://www.biausa.org/>
 - Brainline provides information and education about Brain Injury and PTSD for both adult and pediatric populations
- **Child Mind Institute**
 - <https://childmind.org/guide/multilingual-trauma-resources/>

- The Child Mind Institute is an independent, national, nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. The Child Mind Institute has prepared free trauma resources to aid parents, educators, and other adults in talking to children and adolescents about potentially traumatic events and identifying those who might benefit from more focused professional attention.
- **Christopher and Dana Reeve Foundation**
 - <https://www.christopherreeve.org/>
 - 1-800-225-0292
 - The Reeve Foundation is dedicated to curing spinal cord injury by funding innovative research, and improving the quality of life for people living with paralysis through grants, information, and advocacy
- **Family Caregiver Alliance**
 - <https://www.caregiver.org/>
 - The Family Caregiver Alliance addresses the needs of family and friends providing long-term care for loved ones at home. It provides support, information, and tools to manage the complex demands of caregiving. This includes online supports and resources, and navigators to help locate support services by state.
- **Hope After Head Injury**
 - <https://hopeafterheadinjury.com/links/>
 - Hope After Head Injury exists to bring hope to those who have been impacted by brain injury in their life, whether going through the experience themselves or caring for a loved one. They understand that the journey through head trauma is a road that when walked can be scary and lonely. Through the voice of brain injury survivors and caregivers they provide awareness, encouragement and hope.
- **National Center for Victims of Crime**
 - <https://victimsofcrime.org>
 - Find local assistance, learn about crime and its effects, and browse resources to help victims rebuild their lives
- **National Suicide Prevention Lifeline**
 - <https://suicidepreventionlifeline.org/>
 - 1-800-273-8255
 - Crisis Text Line 741741
 - The National Suicide Prevention Lifeline is a 24-hour, toll-free, confidential suicide prevention on hotline available to anyone in suicidal crisis or emotional distress. Your call is routed to the nearest crisis center in the national network of more than 150 crisis centers.
- **Office of Disability Employment Policy**
 - <https://www.dol.gov/agencies/odep>
 - The Office of Disability Employment Policy (ODEP) is the only non-regulatory federal agency that promotes policies and coordinates with employers and all levels of government to increase workplace success for people with disabilities.

- **Post-Traumatic Stress Disorder**
 - <https://mhanational.org/conditions/post-traumatic-stress-disorder>
 - If you have gone through a traumatic experience, it is normal to feel emotions such as distress, fear, helplessness, guilt, shame, or anger. If these symptoms don't go away over time, you have post-traumatic stress disorder (PTSD).
- **Rehabilitation Services Administration**
 - <https://rsa.ed.gov/>
 - Mission: to provide leadership and resources to assist state and other agencies in providing vocational rehabilitation and other services to individuals with disabilities to maximize their employment, independence, and integration into the community and the competitive labor market
- **Substance Abuse and Mental Health Services Administration National Helpline**
 - <https://www.samhsa.gov/find-help/national-helpline>
 - 1-800-662-4357
 - This helpline provides 24-hour free and confidential treatment information about mental and/or substance use disorders, prevention, and recovery in English and Spanish. The SAMHSA website also offers a treatment locator to identify local mental health providers.
- **National Child Traumatic Stress Network**
 - <https://www.nctsn.org/audiences/families-and-caregivers>
 - The National Child Traumatic Stress Network (NCTSN) was created by Congress in 2000 as part of the Children's Health Act to raise the standard of care and increase access to services for children and families who experience or witness traumatic events. This Unique network of frontline providers, family members, researchers, and national partners is committed to changing the course of children's lives by improving their care and moving scientific gains quickly into practice across the U.S.
- **National Youth Crisis Hotline**
 - 1-800-442-4673
- **Society for the Prevention of Teen Suicide**
 - <https://www.sprc.org/resources-programs/society-prevention-teen-suicide-spts>
 - Mission: to reduce the number of youth suicides and attempted suicides by encouraging public awareness through the development and promotion of educational training programs
- **The Trevor Project**
 - https://www.thetrevorproject.org/?gclid=EAlalQobChMIseWNnLXc9glVTwGLCh1kFgorEAAYASAAEgJ2zvD_BwE
 - 1-866-488-7386 (Crisis Lifeline for LGBTQ Youth)
 - Leading national organization providing crisis intervention and suicide prevention services to LGBTQ young people ages 13-24.
- **Tri-State Advocacy Project**
 - <http://www.tristateadvocacy.com/>
 - The Tri-State Advocacy Project is composed of advocates who have personally faced the challenges of having a family member with a catastrophic injury. They

help families navigate the process of working with health insurance, applying for government benefits, and seeking out other community resources.

- **United Spinal Association**
 - <https://unitedspinal.org/>
 - Dedicated to enhancing the quality of life of all people living with spinal cord injuries and disorders, and providing support and information to loved ones, care providers, and professionals. Its goal is to provide people living with SCI/D with active lifestyle information, peer support, advocacy, and services that maximize their independence and enable them to remain active in their communities.
- **National Domestic Violence Hotline**
 - 1-800-799-7233

Community Resource

- **Seven Counties Services** is a Community Mental Health Center that offers a full range of mental and behavioral health services, substance abuse treatment, and intellectual and developmental disabilities services.
 - 600 S. Preston Street
 - Louisville, KY
 - Phone: 502-583-3951

Children's Books for dealing with Nonspecific Trauma and/or Grief

- ***My Magical Feelings (The Magic of Me series)***- When children know that all feelings are okay, they learn to trust themselves and feel empowered to move through them. Rather than ignoring or pushing them away, children learn to name their feelings and feel them all without judgement. This lays the foundation for children to become conscious adults; recommended age: 3-8 years old
- ***My Yellow Balloon*** - a poignant tale of love, loss, and letting go that will serve as a comforting guide to children who are navigating the complicated emotions of grief; recommended age: 3-8 years old
- ***The Memory Box- a Book about Grief***- teaching kids how to make memory boxes to honor their lost loves ones, but helping them realize its ok to make new memories too; recommended age: 4-8 years old
- ***Once a Terrible Thing Happened***- strategies for dealing with anxiety and grief, can help validate children's feelings and normalize the experience for caregivers; recommended age: 8-12 years old
- ***Stuff that Sucks***- offers a compassionate and validating guide to accepting emotions, rather than struggling against them. With this book as your guide, you'll learn to prioritize your thoughts, feelings, and values. You'll figure out what you care about the most, and then start caring some more! The skills you'll learn are based on acceptance and commitment therapy (ACT). Yes, there are a few written exercises, but this isn't a workbook. It's a journey into the stuff that sucks, what makes that sucky stuff suck even more, and how just a few moments each

day with the stuff that *matters* will ultimately transform the stuff that sucks into stuff that is just stuff; recommended age: 13 and up

Podcasts

- **The Homecoming Podcast with Dr. Thema**- The Homecoming Podcast with Dr. Thema (licensed psychologist) is a podcast to facilitate your journey home to yourself by providing weekly inspiration and health tips.
- **The Hardcore Self Help Podcast**- Hosted by Dr. Duff (psychologist), you will find information about everything from how to deal with anxiety and depression, to relationships, addiction, and LIFE in general- without the confusing lingo. May contain explicit language

Apps for Well-Being

- **Calm**- Find your calm, sleep more, stress less, and live better.
- **Clear Fear**- provides you with a range of ways to manage the symptoms of anxiety
- **Happify**- App for stress and worry
- **Headspace**- App for meditation and sleep
- **Insight Timer**- App for sleep, anxiety, and stress, guided meditation
- **Intend**- A simple, powerful way to focus your intention, raise awareness, change behavior, and elevate mood. What do you intend to do today?
- **Peak- Brain training**- Reach Peak performance with over 40 unique games, each one developed by neuroscientists and game experts to challenge your cognitive skills and push you further; helps reduce symptoms of depression