



## Help and Support

Knowing what help and support is available to someone, and understanding the services provided, is a critical part of an Ambassador's role within I Am Here. Ambassadors stand up within the Tribe to promote a culture where **it's ok not to feel ok; and it's absolutely ok to ask for help**. As an Ambassador, if you notice someone who may not be feeling ok, you can guide them to the help and support they may need.

**Remember, your mental health and wellbeing is as important as anyone else's.** You too have access to help and support when needed.

I Am Here groups **help and support** into six key pillars:



EMOTIONAL  
WELLBEING



PHYSICAL  
HEALTH



SPIRITUAL  
WELLBEING



SOCIAL  
WELLBEING



FINANCIAL  
WELLBEING



WORK AND  
CAREER

Listed below is the help and support available within the United States.



**United States**



**EMOTIONAL WELLBEING**

Being aware of your emotions and feelings. Having the resilience to overcome challenges and the ability to cope with the normal stresses of life.

**Doctor**

**Psychologist, therapist, or counselor**

**National Suicide Prevention Lifeline**

Provides 24/7, free, and confidential support for people in distress as well as prevention and crisis resources for you or your loved ones.

<https://suicidepreventionlifeline.org>

1 800 273 8255

**National Alliance on Mental Illness (NAMI) Helpline**

A free, nationwide peer-support service that provides information, resource referrals, and support to people living with mental health conditions, as well as their family members and caregivers.

[www.nami.org](http://www.nami.org)

1 800 950 6264 or email [info@nami.org](mailto:info@nami.org)

**National Domestic Violence Hotline**

Access highly trained advocates that are available 24/7 to talk confidentially with anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship.

[www.thehotline.org](http://www.thehotline.org)

1 800 799 7233

**HelpGuide**

Provides empowering, evidence-based information that you can use to help yourself and your loved ones.

[www.helpguide.org](http://www.helpguide.org)

**Online apps and resources**



**PHYSICAL  
HEALTH**

Making good choices that contribute to better physical health such as keeping active, balanced nutrition, adequate sleep and sufficient hydration.

**Doctor**

**Physiotherapist/massage therapist**

**Dietician/nutritionist**

**Personal trainer**

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**Online apps and resources**



**SPIRITUAL  
WELLBEING**

Having a sense of purpose, connectedness, meaning and harmony that reflects your values and beliefs.

**Spiritual leader**

**Reiki therapist**

**Hospice Foundation of America**

A trusted source of information on end of life, hospice care, and grief.

[www.hospicefoundation.org](http://www.hospicefoundation.org)

1 800 854 3402

**Online apps and resources**



**SOCIAL WELLBEING**

Having the ability to form satisfying interpersonal relationships with others. It also relates to your ability to adapt comfortably to different social situations and act appropriately in a variety of settings.

**Social worker**

**Relationship counselor**

**Life coach**

**National Problem Gambling Helpline**

Provides 24/7, free, and confidential support to anyone dealing with a gambling problem. Support is also available to family members and friends.

[www.ncpgambling.org](http://www.ncpgambling.org)

1 800 522 4700 (call or text)

**HelpGuide**

Provides empowering, evidence-based information that you can use to help yourself and your loved ones.

[www.helpguide.org](http://www.helpguide.org)

**Rotary International**

A global network of 1.2 million people who see a world where people unite and take action to create lasting change. As a member, you can share ideas, make plans, hear from the community, and catch up with friends during club programs that fuel the impact Rotary International makes.

[www.rotary.org](http://www.rotary.org)

**Online apps and resources**



**FINANCIAL  
WELLBEING**

Understanding your financial situation in order to make the most of what you have in day-to-day life and in planning for your future.

**Financial advisor**

**Bank or credit union**

**Benefits.gov**

Helps you find federal benefits you may be eligible for in the United States.

[www.benefits.gov](http://www.benefits.gov)

**Mint**

Free online budget tracker and planner that helps you understand your spending for a brighter financial future.

[www.mint.com](http://www.mint.com)

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**Online apps and resources**



**WORK AND  
CAREER**

Working productively and fruitfully, feeling fulfilled, motivated, and maintaining a healthy work-life balance.

**Career counselor**

**CareerOneStop**

Provides career information, training, resources, and advice.

[www.careeronestop.org](http://www.careeronestop.org)

1 877 872 5627 or email [info@careeronestop.org](mailto:info@careeronestop.org)

**Job Bank USA**

Provides employment and resume information services.

[www.jobbankusa.com](http://www.jobbankusa.com)

**Online apps and resources**