



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

1 800 950 6264 or email 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

1 800 799 7233

HelpGuide

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

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

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.

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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

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

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

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

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

Mint

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

www.mint.com

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.

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1 800 522 4700 (call or text)

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

1 877 872 5627 or email info@careeronestop.org

Job Bank USA

Provides employment and resume information services.

www.jobbankusa.com

Online apps and resources