



Resource Survey

Personal

Money, food, shelter, clothes, time, specific skills

Work-Based

Formal or informal support including flexible time; personal, sick, family, or berevment leave; medical insurance; disability insurance; counseling; books or training; referrals

Community-Based

Crisis lines, police non-emergency number, legal aid, teen & youth centers, low cost or sliding scale wellness resources: acupuncture, yoga, therapy

Private Pay

Trusted refferal sources for therapy, legal support, wellness and healing resources