



MHFA RESOURCE MAPPING

Take some time to explore the different types of support that exist around you. Knowing where help can be found makes it easier to guide a peer toward safety and connection. This exercise also supports you in building a community resource list that reflects your cultural, geographic, and local realities.



Safe Adults

These are individuals you or a peer can approach if you need support or guidance. Examples include teachers, school counselors, mentors, coaches, program leaders, or caregivers.



Professionals

This includes crisis hotlines, local mental health clinics, doctors, therapists, social workers, or national and regional helplines that provide immediate or ongoing care.



Community Support

These may be GirlUp resources, clubs, youth programs, health centers, community organizations, or community resources that offer wellness support or a safe space.



School Support

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Virtual Support

These can include text lines, youth specific chat services, mental health websites, guided wellness support, or resource pages from the Girl Up website.



Cultural Support

Some communities seek support through cultural leaders, elders, faith communities, spiritual practices, or traditional healers. These can be powerful sources of connection & care.

MY COMMUNITY RESOURCES

Use this worksheet to identify the mental health and wellness supports available in your community.

These may include school supports, community resources, trusted adults, youth programs, or online services.

Identify resources in your environment and note any gaps you notice. This will help you understand where support can be found and where you may need additional resources.




 **Example:
Professional
Support**

**Overview of Support:
National Crisis Hotline**
Provides 24 hour text and call support with professional resources and care.


Access Info

Dial or text 988 for 24 hour access to support across the United States
Additional information is available on the website at <https://988lifeline.org/>

Resource One: 


Overview of Support:

Access Info

 **Resource Two:**

Overview of Support:

Access Info

Resource Three: 


Overview of Support:

Access Info

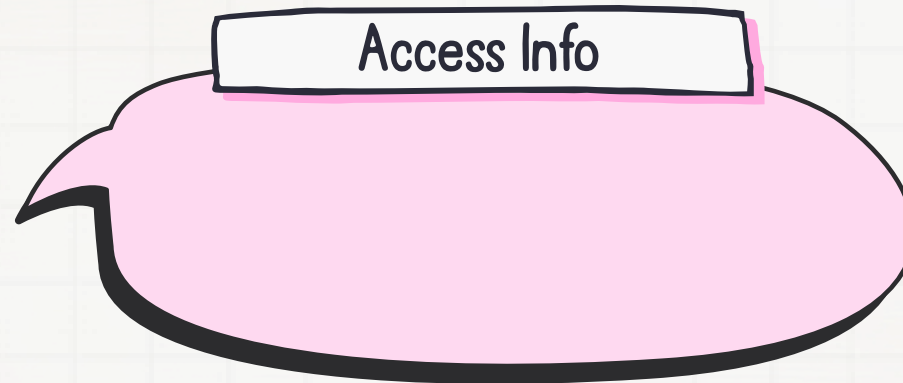



MY COMMUNITY RESOURCES



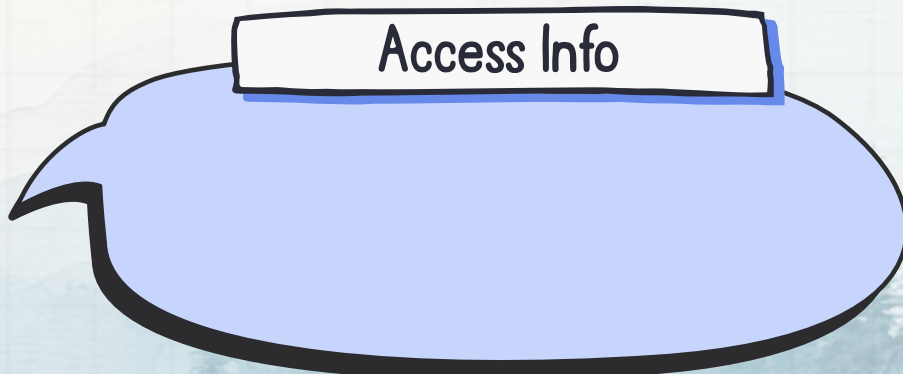
 Resource Four:


Overview of Support:



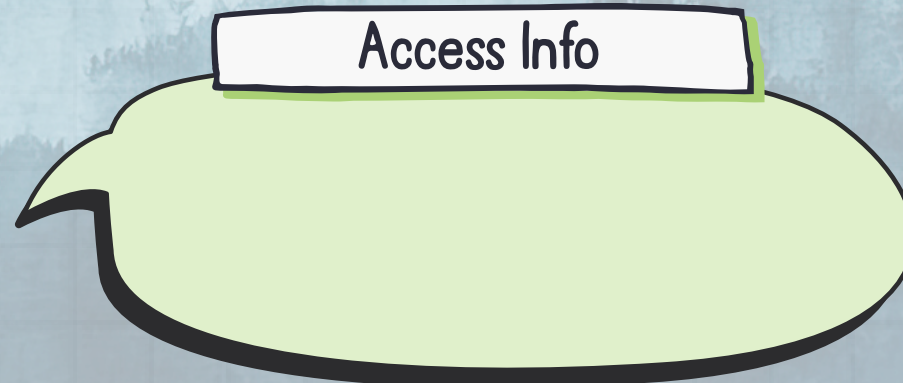
Resource Five 

Overview of Support:



 Resource Six:

Overview of Support:



Resource Seven: 

Overview of Support:

