

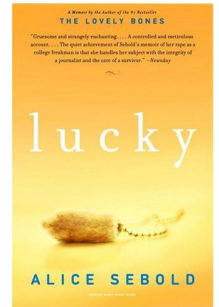
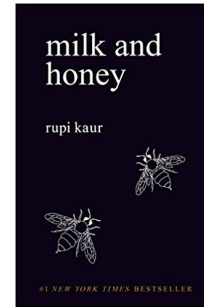
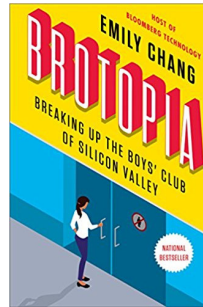
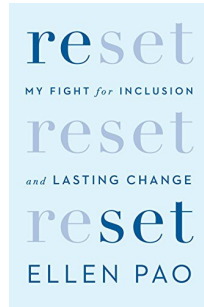
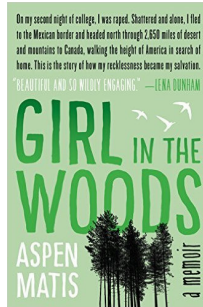
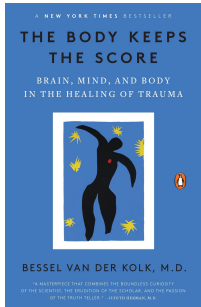
SURVIVOR RESOURCES

FOR HEALING

**THE ARMY
OF SURVIVORS**

thearmyofsurvivors.org

BOOKS



PRACTICES

Yoga. Meditation. Pets. Family. Reading. Hiking. Shopping. Planning a Vacation. Asking for Help. Crying. Candles. Bubble Baths. Plants. Less Social Media. Self Love. Calligraphy. Painting. Pottery. Learn a New Hobby. Hydrate. Cross-Word Puzzle. Compliment Yourself. Exercise.

PRODUCTS



The Guide to
Mindful Lettering
Calligraphy Book



Weighted Gravity
Blanket for deeper
and comfortable sleep



The Sill plant delivery
service to liven up
your home



Not Pot CBD Chocolate
to help on bad days



An oil diffuser for
your choice of
aroma therapy

HOTLINES

800.656.4673

National Sexual Assault Hotline

Call to be connected with a trained staff member from a sexual assault service provider in your area.

866.488.7386

The Trevor Lifeline

Crisis intervention and suicide prevention hotline for LGBTQ youth.

800.662.4357

Substance Abuse & Mental Health Services

This service provides referrals to local treatment facilities, support groups, and community-based programs for individuals with mental health and/or substance abuse disorders.

800.273.8255

National Suicide Prevention Lifeline

This lifeline provides free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.