

**Grief Counseling & Coaching
List of Resources for
Crisis Help, Suicide, Mental Health & Drug &
Alcohol Issues:**

1. Substance Abuse & Mental Health Services
Administration (SAMHSA)
<https://www.samhsa.gov/find-support/in-crisis>
2. SAMHSA (call/text: 988)
3. SAMHSA: in crisis call 800.662.4357
4. Disaster Distress Help: 800.985. 5990
5. Crisis Call Center: 775.784.8090
6. National Parent & Youth Helpline: 855.427.2736
7. Grief Counseling & Coaching Facebook Resources
8. Our Daily Bread Devotionals
<https://www.odbm.org/en/devotionals>