**Local**

1. If in immediate danger: 911
2. Spokane Crime Check: 509.456.2233
3. Sexual Assault & Family Trauma Response Center

509-747-8224 Hotline

509-624-7273

<https://www.wcsap.org/help/csap/sexual-assault-family-trauma-safet-response-center>

There are Community Sexual Assault Programs that are accredited by the Washington Office of Crime Victims Advocacy in Washington State and accessible to all counties in the State. Trained advocates may provide the following services:

* Free confidential 24/7 hotline
* Information about sexual assault
* Referral to other community service providers
* Crisis intervention and ongoing support
* Medical and legal advocacy, community awareness, outreach and prevention activities.

 Most services are free of charge to the client.

**National**

1. National Sexual Assault Hotline: Call 800-656-HOPE (4673) or online rainn.org (Rape, Abuse, and Incest National Network).
2. Sexual Assault Support for the Military: Call 877-995-5247 or safehelpline.org.
3. Contact your insurance company to find out who their preferred providers are nearby where you live that specialize in assessment and treatment of victims of sexual abuse.
4. Call law enforcement to report it if someone discloses to you that they’ve been sexually abused by someone outside the family.
5. Call Child Protective Services if a child or teenager reports that a family member (who lives with them) has sexually abused him or her.
6. Visit Sexual Abuse Victims Anonymous online at savanon.org for assistance in finding recovery and healing. SAVAnon believes healing happens best in the context of community. Any victim of sexual abuse or assault can join an eight-week recovery group at no cost.

**RESOURCES FOR SUICIDAL INDIVIDUALS**

1. 911
2. Any hospital ER
3. First Call for Help Crisis Hotline (509) 838-4428
4. National Suicide Prevention Hotline Call 800-273-8255 or suicidepreventionlifeline.org.
5. Spokane Regional Health District

<https://srhd.org/health-topics/injury-violence-safety/suicide-prevention>

Resources in PDF format

(Resources for Suicidal Individuals Continued on next page)

 Warning Signs Needing Immediate Attention:

* Threatening to or talking about hurting or killing themselves
* Seeking access to firearms, available pills, or other means of suicide
* Talking or writing about death, dying or suicide, when these actions are out of the ordinary

Additional Warning Signs

* Increased substance (alcohol or drug) use
* No reason for living; no sense of purpose in life
* Anxiety, agitation, unable to sleep or sleeping all the time
* Feeling trapped - like there's no way out
* Hopelessness
* Withdrawal from friends, family, and society
* Rage, uncontrolled anger, seeking revenge
* Acting reckless or engaging in risky activities, seemingly without thinking
* Dramatic mood changes

 What to Do:

* Take it seriously.
* Ask the question “Are you thinking about suicide?” This will show the person that you are concerned about them. You will open communication and allow the person to express their thoughts freely.
* Listen intently to their reasons for wanting to die and listen for reasons that they have to live (you may have to help them recognize these).
* Persuade them to seek help from a qualified professional or call 1-800-273-TALK (8255) for help.
* If he or she has expressed an immediate plan, or has access to a gun or other potentially deadly means, do not leave him or her alone.

**RESOURCES FOR VICTIMS OF DOMESTIC VIOLENCE**

**Local**

1. If in immediate danger: 911
2. YWCA Spokane: 509-789-9297

24-Hour Domestic Violence Helpline: 509-326-CALL (concerned friend or victim)

<https://ywcaspokane.org/programs/help-with-domestic-violence/>

Free, confidential services for those impacted by intimate partner domestic violence.

Can help create a customized safety plan for specific situation. Also Legal advocates.

Safe Shelter manages the helpline 7 days/week/365 days a year.

Wrap Around Wednesdays. Public clinic to access services all In one setting. Frist come first serve.

**National**

1. National Domestic Violence Hotline 800-799-7233.
2. Call law enforcement to report any incident of domestic violence.
3. Shelter for Domestic Violence Survivors visit domesticshelters.org or ywca.org to find the local shelters or programs in your area.
4. ARMS (Abuse Recovery Ministry Services) at abuserecovery.org. ARMS holds healing programs for women who are experiencing domestic abuse and intervention programs for men and women who have used controlling or abusive behaviors. ARMS offers a free 15-week class designed to assist women in healing from current or past abusive or controlling relationship