

## Other's Expectations

"I'm not in this world to live up to your expectations and you're not in this world to live up to mine."  
— Bruce Lee

<http://onewithnow.com/let-go-of-expectations/>

[www.knowresolve.org](http://www.knowresolve.org)

## Sexual Assault/Domestic Violence

Sexual Assault Hotline  
800-223-5001

RAINN  
Rape, Abuse, & Incest National  
Network  
[www.rainn.org](http://www.rainn.org)

## Cutting/ Self Harm

[Helpguide.org](http://Helpguide.org)

S.A.F.E Alternatives  
[www.selfinjury.com](http://www.selfinjury.com)

Focus on the Family  
1-800-A-FAMILY

## Stress / Anxiety

IACT; A helping hand for friends  
in need  
<http://iactforyou.org>

Anxiety and Depression  
Association of America  
[www.adaa.org](http://www.adaa.org)

## Homelessness

National Call Center for  
Homeless Veterans  
1-877-424-3838

National Coalition for the  
Homeless  
[www.nationalhomeless.org](http://www.nationalhomeless.org)

## My Action Plan

I'm breaking free from \_\_\_\_\_.

Here are 3 practical life changes that will help me  
break free.

1.

2.

3.

# What Now?

for adults

I'm struggling with \_\_\_\_\_ but I don't know where to go.

## Suicidal Thoughts

1-800-273-TALK  
National Suicide Prevention  
Lifeline

1-800-SUICIDE  
National Hopeline Network

CrisisChat.org  
Online Emotional Support

I'm Alive  
Online Crisis Network

## My Faith

Talk with your pastor or small group leader. They are put there as a resource for you to help you. Your questions about faith may challenge them, but you can grow spiritually by seeking out a mentor to guide you through your doubts.

## Addiction

Helpguide.org

Addiction Hotline  
1-866-925-7411

## Eating Disorders

National Eating Disorders  
Association  
1-800-931-2237

[www.teenhelp.com](http://www.teenhelp.com)

## Mental Illness/ Depression

Helpguide.org

NDMDA Depression Hotline  
800-826-3632

Postpartum Support  
International  
1-800-944-4PPD

**This list is not exhaustive. Many people struggle with a variety of problems in addition to these. If you find yourself fitting into this category please seek help. Ask the people in your life who can be resources for you, or contact us at [breakingfreefrom.com](http://breakingfreefrom.com) or [notperfectsite.com](http://notperfectsite.com)**