

Counseling Resources

We recognize that some of the information you have been exposed to in this conference could generate traumatic memories or difficult feelings.

If you need to talk right away and do not have an agency resource available to you, please call the National Suicide Prevention Lifeline: **800-273-TALK**.

Lifeline Crisis Chat is a network of U. S. crisis centers who can provide online emotional support and crisis intervention: www.crisischat.org/

You may also access the Desert Waters Correctional Outreach Depression Danger scale to help you assess your own level of depression: http://desertwaters.com/?page_id=3943.

Finally, there is also a Compassion Fatigue activity packet in this booth to help you reflect on your own compassion fatigue and self-care needs.