









**Self-Assessment:**

Here are a list of questions to help you assess yourself.

What are signs that I am doing okay? \_\_\_\_\_

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What are the early warning signs that I am not doing well? \_\_\_\_\_

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What can I do to help myself as well as what can others do to help me during this time?

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What do I not want? What does not help? \_\_\_\_\_

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I know I need to get help when \_\_\_\_\_

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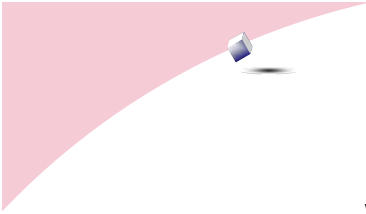
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**Crisis Picture:**

What does it look like when you are in crisis? \_\_\_\_\_

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When you are in a crisis, what helps most for you to do? \_\_\_\_\_

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How do you decide to reach out when in crisis? \_\_\_\_\_

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What stops you from reaching out for help when in crisis? \_\_\_\_\_

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How do you decide when it's time to try something different? \_\_\_\_\_

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**For the Worst Days—Reasons to Stay Abstinent:**

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## Hope Recovery Inc.

PO Box 411  
Clinton, IN 47842

Email: [recovery@hope4-recovery.org](mailto:recovery@hope4-recovery.org)  
Phone: (765) 505-8908

[www.hope4-recovery.org](http://www.hope4-recovery.org)

### STATEMENT OF FAITH

Psalm 147:3 He heals the brokenhearted  
and binds up their wounds.

### MISSION

The mission of Hope Recovery is to provide  
support and compassion in the lives of adult  
survivors of abuse and sexual trauma.

### VISION

To offer support and compassion as survivors  
make their way on the journey of recovery  
and healing.

Please contact your physician or therapist  
for further information on the issues  
addressed inside this literature.

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## Hotlines & Helplines

### Suicide Crisis Lines:

The National Suicide Prevention Lifeline is  
available in the US to help when you're hav-  
ing suicidal thoughts, or someone you care  
about is.

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) or call 800-  
273-8255

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

In other countries go to [www.befrienders.org](http://www.befrienders.org)

### Alcohol & Drugs:

Needing help to stop using alcohol or drugs?  
Contact the NCADD organization for infor-  
mation and referrals for help.

[www.ncadd.org](http://www.ncadd.org) or call 800-622-2255.

### Eating Disorders:

NEDA offers information, education and refer-  
rals for treatment and support for those strug-

gling with eating disorders. They can be  
reached online through chat or by phone.

[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org) or call 800-  
931-2237

Hours: Mon—Thurs 9a to 9p  
Fri 9a to 5p

### National Sexual Assault Hotline:

RAINN offers reporting, information, educa-  
tion and support for those who have experi-  
enced rape or incest. They have both phone  
and online support available.

[www.rainn.org](http://www.rainn.org) or 800-656-HOPE (4673)

### Veterans:

If you are a veteran or a family member of a  
veteran and you are seeking support, con-  
tact the Veterans Crisis Line.

[www.veteranscrisisline.net](http://www.veteranscrisisline.net) or call 800-273-  
8255.