

## MY RESOURCE LIST

Sometimes it's difficult to remember what's available to you when you're stressed out. Use this document to write down services and programs that you would like to try or have had good experiences with.

PROGRAM	SERVICES	PHONE	ADDRESS (IF APPLICABLE)	NOTES









## MY RESOURCE LIST (EXAMPLE)

Sometimes it's difficult to remember what's available to you when your stressed out. Use this document to write down services and programs that you would like to try or have had good experiences with.

PROGRAM	SERVICES	PHONE	ADDRESS (IF APPLICABLE)	NOTES
Danelle's Place	Rest and relaxation	916-455-2391	2020 29 <sup>th</sup> Street, Suite 103, Room 101	<ul> <li>Open Mon-Fri, 12 – 3 pm</li> <li>LGBTQ friendly</li> <li>Ill go when I get mad at my roommate and I'm gonna explode.</li> <li>Take the bus (Lightrail/Bus 67)</li> </ul>
				<b>Example:</b> What do you like about this program?
				<b>Example:</b> What type of situation would cause you to reach out to this program?
				<b>Example:</b> Program contact person and information
				<b>Example:</b> Day and time of the group I want to attend
				<b>Example:</b> Which of your personal resources will help you access this service?





