



# SHOW UP HARD

## RESOURCE SURVEY

### PERSONAL

*(Food, money, shelter, clothes, specific skills)*

### WORK-BASED

*(Formal or informal support including flexible time; personal, sick, family or bereavement leave; medical insurance, disability insurance, counseling, books or training, referrals)*

### COMMUNITY-BASED

*(Crisis lines, police non-emergency number, legal aid, teen and youth centers, low-cost or sliding-scale wellness resources: acupuncture, yoga, therapy)*

### PRIVATE PAY

*(Trusted referral sources for therapy, legal support, wellness and healing resources)*