

42 Ways to Build Resilience

(Taken from the Resilience Trumps ACEs Poster and Card Games
Developed in Walla Walla, www.ResiliencetrumpsACEs.org)

Resiliency Skills

- Showing empathy
- Critical thinking skills
- Helping appreciate cultural & ethnic heritage
- Sense of belonging
- Learning to accept help
- Hope
- Trust
- Sense of Belonging
- Learning Responsibility
- Teach Self Discipline
- Establish Consequences
- Model Problem Solving
- Sharing Something Important
- Accept Ownership for Behavior
- Work as a team
- Learn to show appreciation
- Master a Skill
- Assign a Responsibility
- Sense Triggers that create negative behavior
- Develop Communication Skills
- Helping a Friend
- Allowing Experience of Success or Failure
- Respect ability to make decisions
- Model appropriate behavior
- Learning to ask for help
- Acknowledge when you are wrong
- Learn to self advocate
- Give back to community
- Giving a choice
- Ability to Calm Self
- Verbally say “I love you”
- Express Feelings
- Experience Success
- Develop Friendships
- Develop Self Esteem
- Attach to Caring Adult
- Learn to Solve Problems

Specialized Resilience Skills for Parents

- Letting Child Know you are Available for Help
- Family Meetings
- Help a Child Learn to Express Feelings
- Clear Rules and Expectations
- Help child develop problem solving skills

Circle Skills that You Have Now
Tell A Story of How You Have Used This Skill

Event Type	Related Resilient Skills That May Be Helpful
Emotional Abuse	Showing Empathy Developing Self Esteem Developing a Sense of Control Developing Friendships
Physical Abuse	Attachment to Caring Adult Developing Self Esteem Learning to ask for help Expressing Feelings Learning to Self-Advocate
Sexual Abuse	Hope Sense of Control Learning to Solve Problems Trust Caregivers who let youth know they are available to help
Physical Neglect	Learning to ask for help Expressing Feelings Developing Self Esteem Developing Sense of Control Hope
Emotional Neglect	Attachment to Caring Adult Sense of Belonging Ability to Calm Oneself Expressing Feelings
Separation/Divorce Caregiver	Attachment to Caring Adult Sense of Belonging Ability to Calm Oneself Expressing Feeling
Witnessing Family Violence	Sense of Belonging Learning to ask for help Trust Appreciating Heritage Critical Thinking Skills
Incarceration of Family Member	Attachment to Caring Adult Trust Developing Self Esteem Verbally being told "I love you"
Member with Mental Health Challenge	Attachment to Caring Adult Learning to Express Feelings Developing a sense of control Hope
Family Member with Substance Abuse Challenge	Developing Friendships Developing Sense of Control Expressing Feelings Developing Self Esteem

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Circle Skills You Want to Build

RESILIENCE SKILL	Resources Needed to Build/Practice	Time Period You Want to Start Building This Skill

Getting Help in a Crisis

From US.Reachout.com

Do you need help now?

If you are in immediate danger, call 911.

If you feel you are in a crisis and need to speak to someone now and you live in the United States, call:

- **Youth helpline Your Life Your Voice at 1-800-448-3000, run by Boys Town National Hotline (for everyone).**
- **National Suicide Prevention Lifeline** at 1-800-273-TALK (8255). [Lifeline is a free](#), confidential, 24 hour hotline for anyone who is going through emotional distress or is in suicidal crisis.

Feel a little nervous about calling a helpline? [Find out more about what you can expect.](#)

Specific issues and other helplines

If you're in crisis, whatever the situation, you're not alone. Rest assured, help is out there; by reaching this page you're halfway there. If you need support at anytime, you can call any of the free confidential services on the chart below 24/7.

Child Abuse

If you are a victim of child abuse or know someone who is being abused, please call **the Child Help Line** at 1-800-4-A-CHILD (422-4453).

Rape, Abuse, Incest National Network (RAINN)

RAINN.org is a free, confidential and secure crisis hotline 24/7 for victims of sexual assault or violence as well as their friends and families. Call 1- 800-656-HOPE (4673)

National Dating Abuse Helpline

Loveisrespect.org is the ultimate resource to engage, educate and empower youth and young adults to prevent and end abusive relationships. Call 1-866-331-9474

National Runaway Safeline

[National Runaway Safeline](#) is an anonymous and free 24 hour crisis line for anyone who might want to run-away from home or find themselves homeless. This hotline can also help if you want to come home if you are on the run or have a friend who is looking for help and is thinking about running away or is already on the run. Call 1-800-RUNAWAY (786-2929).

The Trevor Project

[The Trevor Project](#) focuses on crisis and suicide prevention efforts among lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth, providing an accredited, nationwide, around-the-clock crisis and suicide prevention helpline. Call at 1-866-4-U-TREVOR (488-7386).

Teen Line

A [Teen-to-Teen hotline](#) and community outreach program with over 10,000 teens contacting TEEN LINE each year by calling, texting or emailing. The line is open every night from 6-10pm PST to help adolescents address their problems in a confidential, anonymous and comfortable manner. Call at 1-800-852-8336 **Substance Abuse and Mental Health Services Administration (SAMSHA)** Helpline provides 24-hour free and confidential [treatment referral and information](#) about mental and/or substance use disorders, prevention, and recovery in English and Spanish. Call 1-800-662-HELP (4357)

Poison

[Poison Control](#) at 1-800-222-1222. Poison control is a free, 24 hour hotline for anyone in need of medical information and resources for poisoning, including alcohol and household cleaners.

ReachOut

ReachOut.com does not provide counseling but the [Get Help section](#) can give you more information about how to help yourself generally or in a crisis; including how to find people to support you; what types of treatments options you might have; how you can help a friend on a lot of issues they might be dealing with.

You might also want to read these fact sheets if you are worried about yourself or a friend.

- [Crisis resources: Shelter, Food and Support Services](#)
- [Depression: causes, types and symptoms](#)
- [Experiencing Grief](#)
- [Suicidal thoughts: wanting to end your life](#)
- [When someone takes their own life](#)
- [When your friend is talking about suicide](#)
- [If your friend has taken pills or has done something to hurt him or herself](#)
- [Worried about a friend who is self-harming](#)
- [Coping with a stressful event](#)
- [Deliberate Self-harm](#)
- [Experiencing violence](#)
- [Intimate partner violence](#)
- [Helping a friend in a sexually abusive relationship Abusive relationships](#)

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