

CREATE A COMMUNICATION NETWORK

Start a group chat or phone tree for fast updates and support. Encourage people to use Signal (a free encrypted app for safe communication).

Offline Bulletin Board

In shared spaces, post updates or resources for neighbors who aren't always online. Put up a note in your apartment building to see if anyone's interested in meeting up just to talk.

Designate Safe Gathering Spots

Identify a few accessible locations where you and your group can meet if phones are down.

Map Local Skills and Needs

Identify skills and resources in your community. Knowing if there are doctors, carpenters, or people in need nearby strengthens mutual support. Keep a list of contacts and skills within the network so people know whom to reach out to in an emergency.

Resource Sharing

Set up a simple system to share tools, medical supplies, or transportation when needed.

Know Local Safe Zones

Make note of shelters, community centers, and friends' houses that could offer refuge. Keep directions to these places in your contact list.

Learn Digital Safety Together

Explore simple ways to keep things private and practice safe digital habits as a group. Staying mindful of security—online and in public—keeps people safe.

CHECK IN REGULARLY

Monthly Meetings

Hold a regular check-in to share updates, needs, and concerns, either in person or virtually.

Buddy System

Pair neighbors to check on each other, especially those who may need extra support, like elderly or disabled folks.

Check In With Yourself & Prioritize Rest

This is sustained work, and burnout is real. Check in with yourself, take shifts, and practice collective care—staying resilient means caring for ourselves and each other along the way.

Building connections with neighbors and local organizers is the foundation of all activism. Strong, resilient networks can't be built alone—and no one should be left behind. Here are a few steps to get started. These are skills to keep cultivating throughout your life, so let's start now.

BUILD COMMUNITY NETWORKS

Host Small Gatherings

Organize a potluck or community meal to help neighbors connect. Try skill-sharing sessions on topics like cooking, first aid, digital security, or gardening to build knowledge together.

COLLABORATE WITH LOCAL ACTIVISTS

Join Existing Groups

Connect with local activists or support groups, like food banks or mutual aid networks, to share resources.

Invite Others to Join You

Encourage others to join in ways that feel comfortable—whether it's organizing, donating, or staying informed.

Building these connections helps create a stronger, safer community—one that can support each other, no matter what happens.

HOW TO STRENGTHEN LOCAL CONNECTIONS FOR COMMUNITY RESILIENCE

SYA

RESOURCES

National Suicide Prevention Lifeline

Dial 988 for free, 24/7 support in crisis situations.

Trans Lifeline

A hotline offering support and resources for transgender individuals, run by and for trans people.

Call 877-565-8860

The Trevor Project

Free, confidential support for LGBTQ+ people, 24/7 (including holidays):

Call: 866-488-7386

Text: 'START' to 678-678

Chat Online: [TheTrevorProject.org/Help](https://www.thetrevorproject.org/help)

Rape, Abuse & Incest National Network (RAINN)

The nation's largest anti-sexual violence organization.

Call 800-656-HOPE (4673) or chat at [RAINN.org](https://www.rainn.org).

Immigrant Defense Project

Legal resources and information for immigrants.

[ImmigrantDefenseProject.org](https://www.immigrantdefenseproject.org)

Crisis Text Line

Free, 24/7 support via text for any type of crisis.

Text HELLO to 741741.

StrongHearts Native Helpline

Culturally-appropriate support for Native Americans dealing with domestic violence.

Call 844-7NATIVE (762-8483).

National Domestic Violence Hotline

Offers 24/7 confidential support.

800-799-SAFE (7233) or text "START" to 88788.

SAMHSA National Helpline

For mental health and substance use treatment resources.

Call 800-662-HELP (4357), available 24/7.

You Always Have Options

Abortion access, pills, privacy, support, resources.

[YouAlwaysHaveOptions.com](https://www.YouAlwaysHaveOptions.com)