

RUNNING
IS A
KIND OF
DREAMING

A Memoir

J. M. Thompson, PhD



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RESOURCES

If you are in crisis, the following organizations are available to help:

National Suicide Prevention Lifeline

<https://suicidepreventionlifeline.org>

1-800-273-8255

**Substance Abuse and Mental Health Services Administration
(SAMHSA) National Helpline**

1-800-662-4357

Childhelp National Child Abuse Hotline

<https://www.childhelp.org/hotline>

1-800-422-4453

National Runaway Safeline

<https://www.1800runaway.org/youth-teens>

1-800-786-2929

National Association for Children of Addiction

<https://nacoa.org>

1-888-554-2627

National Alliance on Mental Illness

<https://www.nami.org>

1-800-950-6264

NOTES

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