



SOUL OF

BREE BARTON



KATHERINE TEGEN BOOKS
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Soul of Cinder

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First Edition

RESOURCES

NATIONAL SEXUAL ASSAULT HOTLINE

<https://www.rainn.org/>

1.800.656.HOPE (4673)

Call the 24/7 hotline to be connected with a trained staff member from a sexual assault service provider in your area.

NATIONAL SUICIDE PREVENTION LIFELINE

<https://suicidepreventionlifeline.org/>

1.800.273.TALK (8255)

The Lifeline provides 24/7, free, and confidential support for people in distress, and prevention and crisis resources for you or your loved ones.

CRISIS TEXT LINE

<https://www.crisistextline.org/text-us/>

Text CONNECT, HOME, or any message to 741-741

Being “in crisis” doesn’t just mean feeling suicidal: it’s any painful emotion for which you need support. Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via text.

PSYCHOLOGY TODAY

<https://www.psychologytoday.com/>

A great resource for finding therapists, psychiatrists, support groups, and treatment centers, both outpatient and inpatient.

ROCK 'N' WRITE

<https://www.breebarton.com/rocknwrite>

This is a fun, empowering workshop I created to merge two things that have been profoundly healing in my own life: dance and writing.

Other activities that have had a positive impact on my mental health: yoga, art therapy, meditation, writing, therapy groups, and talking to good friends. Poke around the internet to see what you can find. Above all, don't hesitate to ask for help. Mia, Quin, and Pilar's journey may have come to an end, but yours is just beginning.