

Service Name	Description	Applications	Situations	Pain Point Search Phrases	Keywords	In Session Tools	Access Location	Duration	Assessment Questions	Prompts
Life Navigation Launchpad	Your personalized roadmap through needing help to having hope. This session combines holistic support with cutting edge technology to help prioritize urgent needs, maps systemic barriers, and books your next steps with HH's 32 proven support services—no more guessing where to start.	Urgent needs prioritization (food, housing, safety), systemic barrier identification (transportation, stigma, documentation), service matching based on cultural identity needs. Progress Chain activation for immediate momentum, client-led goal alignment and session booking, benefits navigation assistance, crisis rerouting strategies, dignity-first resource access.	<ul style="list-style-type: none"> - Overwhelmed by 3+ overlapping challenges (eviction + unemployment + health issues) - Previous service attempts failed due to mismatched support - Need clarity on where to start among HH's 32 services - Desire to build self-advocacy skills alongside practical resources - Facing bureaucratic dead ends or eligibility confusion - Homelessness or housing insecurity requiring multi-service coordination - Newly released from incarceration with complex reintegration needs - Struggling to balance addiction recovery with employment/childcare 	"I don't know where to start", "Everything's broken", "Services make me feel worse", "I'm too [disabled/undocumented/homeless] for help", "No one listens to what I ACTUALLY need", "Parole officer won't help", "Need everything fixed yesterday", "Too ashamed to ask for help".	"Where to start getting help Modesto CA", "Stanislaus County resource navigation", "One-stop help center near me", "Help with multiple problems at once", "Service coordination Central Valley", "First step to get help Ceres CA", "Find all services I qualify for", "Turlock CA social services guide", "Multiple service needs assessment", "Help when everything is falling apart", "Life roadmap assistance", "Getting started with social services", "Priority help assessment", "Local resource matching Stanislaus", "Which program is right for me", "Service eligibility screening Central Valley", "Where to go first for help", "Modesto CA case management", "Help navigating the system", "Finding right services near me"	<p>Complete Needs Checklist:</p> <p>Priority Matrix Tool:</p> <p>Commitment Calendar:</p> <p>Our Help Is Hope App: With 24/7 virtual assistance</p> <p>Change Check (your terms, your pace)</p> <p>A 90-Day Game Plan with SMART goals and HH sessions booked.</p> <p>Session Roadmap: We will pre-book appointments for your top 3 needs</p> <p>Follow-Up Texts: Reminders for your booked sessions + check-ins.</p>	https://www.helpishope.org/service-page/life-navigation-launchpad-start-here	60 Minutes	https://docs.google.com/document/d/1NOvIEGBzA8OPX5tVxbecSA9eAG7RS5mY745vFKJnU/edit?tab=t.v745a1pgu2qr	https://docs.google.com/document/d/1_CnI9aDwcQwUWBUw_2OYSkxbPvH7S2cvFjU7ZQqYry4/edit?tab=t.v745a1pgu2qr
Food Finding, Assistance, Appointment	Support session for accessing food resources and nutrition assistance information. Helps individuals navigate food insecurity by providing information on local food banks, assistance with CalFresh/EBT SNAP applications, and guidance on nutrition education. Participants receive personalized support in finding sustainable food solutions and connecting with community food resources.	Emergency food pantry access, SNAP/EBT application support, nutrition education, meal program referrals, CalFresh eligibility guidance, food insecurity information, hunger relief resources, USDA surplus distribution, culturally appropriate meal planning, perishable/non-perishable coordination, senior meal delivery options, WIC program navigation, school lunch program assistance, dietary restriction accommodations, community garden partnerships, food rescue coordination, cooking budget strategies, food stamp renewal help, farm-to-table initiatives, summer feeding programs	<ul style="list-style-type: none"> - Unable to afford groceries - Need help applying for food stamps - Looking for local food banks - Struggling with meal planning on a tight budget - Seeking nutrition education for health conditions - Need assistance with special dietary requirements - Want to learn about community meal sessions - Seeking emergency food assistance - Interested in budget-friendly cooking classes - Need help navigating food assistance for seniors or children 	Free food handouts, starving no money, expired food help, food deliveries, hungry kids tonight, where to steal food, dumpster diving safe, soup kitchen hours, no ID food pantry, free baby formula, food banks open Sunday, how to get groceries with no cash, churches that feed homeless, free meals today, SNAP benefits same-day, meal programs for kids, places to beg for food, food delivery for poor, eat from trash safely, free pet food	CalFresh/SNAP application help, EBT card replacement, emergency food pantry near me, WIC enrollment assistance, free grocery delivery for seniors, school lunch program sign-up, food box distribution, senior meal delivery, expired food access, food stamps eligibility check, hunger relief programs, culturally specific food options, dietary restriction accommodations, weekend backpack meals for kids, mobile food pantry schedules, CalFresh renewal help, farmers market EBT matching, food bank holiday hours, SNAP hotline purchasing guide, nutrition education s.	<p>Pantry Pathways: Master map of food pantries, free meal programs, and SNAP/WIC assistance with all contact details and pre-marked with transportation options and route.</p> <p>Long Term Food Options: (apply for WIC/CalFresh)</p> <p>Priority Mapping: mark 3 closest food sources (prepared hot meal like shelter)</p> <p>Skill Building: Practice "Stretch Your Dollar" meal plan with sample pantry items</p> <p>Create a Nourishment Navigator Calendar</p> <p>5-Ingredient Budget Friendly Recipe Flipbook (Using common food bank items)</p> <p>Benefit Battle Tips (SNAP/CalFresh rights & application tips)</p>	https://www.helpishope.org/service-page/food-finding-assistance-appointment	30 Minutes	https://docs.google.com/document/d/1NOvIEGBzA8OPX5tVxbecSA9eAG7RS5mY745vFKJnU/edit?tab=t.0e8heading=sh.ttcct0x8hy	https://docs.google.com/document/d/1_CnI9aDwcQwUWBUw_2OYSkxbPvH7S2cvFjU7ZQqYry4/edit?tab=t.0
Shelter Referral, Support Session	Offers personalized housing roadmaps, application assistance, and connections to local shelter and housing options, addressing both immediate and long-term housing needs. Unhoused resource kits (hygiene items, tents, blankets.)	Housing navigation strategies, eviction prevention planning, tenant rights education, crisis housing solutions, shelter system orientation, affordable housing application assistance, benefits enrollment guidance, legal advocacy referrals, emergency housing placement, financial assistance navigation, homelessness prevention techniques, domestic violence shelter coordination, post-incarceration housing support, transitional housing matching, rapid rehousing strategies, housing stability assessments, lease negotiation guidance, utility assistance referrals, credit repair for housing eligibility, temporary shelter coordination.	<ul style="list-style-type: none"> - Facing imminent eviction - Experiencing homelessness - Fleeing domestic violence - Need help applying for Section 8 housing - Looking for affordable housing options - Seeking emergency shelter for family - Veteran in need of housing assistance - Struggling with rent payments - Need guidance on tenant rights and responsibilities - Seeking transitional housing after rehab or incarceration 	Nowhere to sleep tonight, kicked out with baby, evicted with kids, homeless after jail, escaping abusive home, squats in [city], sleeping in car cold, shelters allowing drugs, 24-hour warming centers, hiding from stalker, DV shelter openings, slept on streets last night, shelters taking couples, emergency motel vouchers, couch surfing exhausted, tent city locations, freezing to death outside, lost house in fire, shelters for sex offenders, mental breakdown homeless	Emergency housing placement, Section 8 application assistance, eviction prevention legal aid, domestic violence shelters near me, homeless motel vouchers, warming center locations, transitional housing programs, tenant rights education, post-incarceration housing resources, cold weather shelter beds, family shelter waitlists, affordable housing leads, utility deposit assistance, security deposit grants, homeless veteran housing, rapid rehousing programs, shelter pet policies, temporary storage for homeless, eviction notice response help, housing discrimination reporting.	<p>Master list of local shelters/transitional housing</p> <p>Step-by-step application guides for housing programs</p> <p>Legal resources for tenant rights/eviction prevention</p> <p>Personalized Housing Roadmap (priorities + timelines)</p> <p>Emergency backup plans for crisis situations</p> <p>Scripts for advocating with landlords/agencies</p>	https://www.helpishope.org/service-page/shelter-referral-support-session	45 Minutes	https://docs.google.com/document/d/1NOvIEGBzA8OPX5tVxbecSA9eAG7RS5mY745vFKJnU/edit?tab=t.94a6t621on	https://docs.google.com/document/d/1_CnI9aDwcQwUWBUw_2OYSkxbPvH7S2cvFjU7ZQqYry4/edit?tab=t.0
Clothing Connection Session	Session providing access to appropriate clothing for various needs, including job interviews and daily wear. Aims to support individuals in presenting themselves professionally and comfortably in different settings. Immediate need clothing & interview attire. Cold-weather gear & personal hygiene kits. Specialized unhoused winter survival bags	Interview attire provisioning, career wardrobe building, cold-weather gear distribution, hygiene product access, unhoused winter kits, shoe/belt donations, professional appearance coaching, clothing voucher systems, seasonal wardrobe rotation, cultural garment preservation, dress code compliance guidance, laundry service referrals, textile recycling education, clothing swap networks, adaptive clothing resources, protective workwear access, school uniform assistance, special occasion outfit loans, clothing size matching systems	<ul style="list-style-type: none"> - Need professional attire for job interviews - Seeking warm clothing for winter months - Looking for size-inclusive clothing options - Need assistance with school uniforms - Seeking adaptive clothing for disabilities - Unhoused and need seasonal clothing - Need maternity clothes on a budget - Seeking gender-affirming clothing resources - Looking for cultural or religious dress options - Need help finding children's clothing sessions 	No clothes for job interview, winter coat charity, free underwear homeless, stolen shoes need replacements, church clothes donations, thrift stores free vouchers, work boots no money, free brae for poor, clothes after house fire, prison release outfit help, stolen wallet no ID, winter gloves survival, free prom dresses, naked, CPS threat, burned clothes from abuse, lice-infested clothes, free dispers no questions, clothes for fat/skinny people, ripped shoes frostbite, stolen laundry need help	Free professional clothing for job interviews, work boots for low income, winter coat donations near me, diaper bank donations near me, disabilities, lice-free clothing resources, prison release outfit kits, thrift store vouchers, homeless hygiene packs, school uniform assistance, culturally appropriate attire, fire survivors clothing replacement, laundry service referrals, stolen item recovery help, seasonal clothing drives, free shoes for kids, baby formula with clothing bundles, cold-weather gear distribution.	<p>We Bring: ✓</p> <p>Curated list of free clothing programs/voucher partners</p> <p>Sizing guides for adaptive/plus-size wear</p> <p>Seasonal gear alerts (coats, uniforms)</p> <p>You'll Leave With: ✓</p> <p>Wardrobe Roadmap (priority items + locations)</p> <p>Confidence scripts for accessing services</p>	https://www.helpishope.org/service-page/clothing-connection-session	30 Minutes	https://docs.google.com/document/d/1NOvIEGBzA8OPX5tVxbecSA9eAG7RS5mY745vFKJnU/edit?tab=t.e8rjsdyc593n	https://docs.google.com/document/d/1_CnI9aDwcQwUWBUw_2OYSkxbPvH7S2cvFjU7ZQqYry4/edit?tab=t.e8rjsdyc593n
Transportation Access Assistance	Support session aimed at improving mobility and independence by helping clients access various transportation options. May include assistance with public transit navigation or connecting to local transportation resources. Public transit navigation & RideShare coordination. DMV insurance assistance & license recovery. Medical appointment transportation support	Emergency housing placement, Section 8 application assistance, eviction prevention legal aid, domestic violence shelters near me, homeless motel vouchers, warming center locations, transitional housing programs, tenant rights, post-incarceration housing resources, cold weather shelter beds, family shelter waitlists, affordable housing leads, utility deposit assistance, security deposit grants, homeless veteran housing, rapid rehousing programs, shelter pet policies, temporary storage for homeless, eviction notice response help, housing discrimination reporting.	<ul style="list-style-type: none"> - Need help navigating public transportation system - Seeking affordable transportation to work or school - Looking for accessible transportation options for disabilities - Need assistance with non-emergency medical transportation - Seeking information on low-income car ownership sessions - Want to learn about bike share or carpool options - Need help applying for transit fare reduction sessions - Seeking transportation solutions in rural areas - Looking for driver's license restoration assistance - Need help with vehicle repair to maintain transportation 	Free bus passes for poor, car broke down no money, stranded without ride, DMV suspended license, need ride to rehab, homeless shelter transportation, medical appointment rides, job interview transportation help, can't afford Uber, wheelchair van access, emergency gas money, bus schedule confusion, lost driver's license ID, DMV license recovery, parole court transport, eviction moving help, vehicle donation programs, bike repair charity, Lyft voucher programs, stranded with kids	Free bus passes for low income, gas card assistance programs, DUI license reinstatement help, Lyft/hor medical ride vouchers, wheelchair van transport scheduling, bike repair, stolen vehicle recovery resources, DMV fee waiver applications, senior shuttle routes, (when available) <ul style="list-style-type: none"> - Repair cost negotiation scripts - Info on Low Income Vehicle Insurance (through the DMV) 	<p>- A Mobility Master Plan (routes + backup options)</p> <p>- Emergency ride vouchers through local partners</p> <p>- Negotiation scripts for payment plans/provider deals</p> <p>- A Power Savings Playbook (monthly action checklist)</p> <p>- Emergency fund strategies for surprise bills</p> <p>- Solar/rebate maps for long-term savings</p>	https://www.helpishope.org/booking-calendar/transportation-access-assistance	30 Minutes	https://docs.google.com/document/d/1NOvIEGBzA8OPX5tVxbecSA9eAG7RS5mY745vFKJnU/edit?tab=t.r5qleijt53	https://docs.google.com/document/d/1_CnI9aDwcQwUWBUw_2OYSkxbPvH7S2cvFjU7ZQqYry4/edit?tab=t.r5qleijt53
Utility Savings & Power Plan	Assistance session focused on helping clients manage and reduce their utility costs. This session provides guidance on energy-saving strategies and may offer support in negotiating with utility companies to find more affordable plans or payment options.	Energy bill negotiation tactics, LIHEAP application assistance, weatherization program referrals, utility shut off prevention, solar incentive navigation, water conservation techniques, payment plan arrangements, energy audit coordination, appliance upgrade guidance, rate comparison tools, thermostat optimization strategies, electricity usage tracking, gas leak safety protocols, drought-resistant landscaping, low-flow fixture installation, energy debt mediation, renewable energy credits, utility assistance fundraising, budget billing enrollment, emergency fuel access	<ul style="list-style-type: none"> - Struggling to pay high utility bills - Need help applying for energy assistance sessions - Want to learn energy-saving techniques for home - Seeking guidance on negotiating utility bills - Interested in weatherization services - Looking for information on solar power options - Need assistance with utility shut-off notices - Want to understand smart home technology for energy savings - Seeking help with water conservation methods - Interested in green energy alternatives for lower bills 	Can't pay electric bill, water shut off notice, gas shut off winter, LIHEAP support, water shut off, negotiate utility debt, energy assistance programs, illegal utility shutoffs, lower electric bill, fire hazard reduction grants, solar panel incentives for seniors, medical equipment electricity aid, emergency heater repairs, drought-resistant landscaping help, illegal utility hookup mediation, senior energy credits, low-income weatherization assistance, LIHEAP system upgrades, utility debt negotiation, emergency cooling for disabled, energy-efficient appliance programs, water leak repair referrals,	PG&E bill payment assistance, LIHEAP enrollment support, water shut off prevention programs, energy audit scheduling, CARE/FERA discount sign-up, fire hazard reduction grants, solar panel incentives for seniors, medical equipment electricity aid, emergency heater repairs, drought-resistant landscaping help, illegal utility hookup mediation, senior energy credits, low-income weatherization assistance, LIHEAP system upgrades, utility debt negotiation, emergency cooling for disabled, energy-efficient appliance programs, water leak repair referrals,	<ul style="list-style-type: none"> - Hidden discount programs (LIHEAP, weatherization grants) - DIY energy hacks (seal drafts, optimize thermostat settings) - Negotiation scripts for payment plans/provider deals - A Power Savings Playbook (monthly action checklist) - Emergency fund strategies for surprise bills - Solar/rebate maps for long-term savings 	https://www.helpishope.org/booking-calendar/utility-savings-power-plan	30 Minutes	https://docs.google.com/document/d/1NOvIEGBzA8OPX5tVxbecSA9eAG7RS5mY745vFKJnU/edit?tab=t.6px374sqd78n0e8heading=sh.4eui36z8489	https://docs.google.com/document/d/1_CnI9aDwcQwUWBUw_2OYSkxbPvH7S2cvFjU7ZQqYry4/edit?tab=t.6px374sqd78n

Service Name	Description	Applications	Situations	Pain Point Search Phrases	Keywords	In Session Tools	Access Location	Duration	Assessment Questions	Prompts
Holistic (Whole Person) Health Check	Comprehensive health evaluation addressing physical, mental, and nutritional aspects of well-being. Provides personalized recommendations for improving overall wellness and connects individuals with local healthcare resources.	Integrative health assessments, chronic disease management plans, preventative care strategies, nutritional deficiency screenings, stress impact evaluations, sleep hygiene optimization, pain management techniques, health risk factor analysis, lifestyle habit audits, preventive vaccine schedules, mental-physical health linkage, biometric monitoring guidance, holistic remedy consultations, fitness capacity testing, environmental toxin exposure checks, complementary therapy referrals, health literacy education, patient advocacy training, medical interpreter access, culturally competent care navigation	<ul style="list-style-type: none"> - Seeking a comprehensive health assessment - Want to address chronic health issues holistically - Looking for personalized nutrition and exercise plans - Need help managing stress and improving sleep - Interested in exploring alternative therapies - Want to understand the mind-body connection in health - Seeking guidance on preventive care strategies - Looking to improve overall energy and vitality - Want a data analysis of my vital and explained what they mean - Seeking a holistic approach to mental and emotional well-being 	Always sick, mystery aches, can't sleep, hair falling out, shaking hands, chest pains daily, throwing up anxiety skin rash stress, fat and tired, body falling apart, meds not working, doctors can't help, chronic pain hell, suicidal from illness, bedridden no diagnosis, rotting teeth no money, stinking from no shower, worms in stool, passing blood, going blind	Free biomarker testing for chronic conditions, wellness coach consultations, nutritionist-guided meal plans, stress impact analysis, integrative health assessments, chronic disease management, sleep hygiene optimization, lifestyle habit audits, nutritional supplementation, detox program referrals, preventive care strategies, pain management techniques, health risk screenings, emotional balance coaching, fitness capacity evaluations, environmental toxin checks, culturally competent care, holistic health education, mindfulness-based therapy, alternative medicine referrals.	<ul style="list-style-type: none"> - A Wellness Prescription (see what's thriving vs. needs TLC) - A "Micro-Habit" plan (think: 5-minute daily wins) - A note to your doctor about our findings and recommendations 	https://www.helpishope.org/service-page/holistic-whole-person-health-check	60 Minutes	https://docs.google.com/document/d/1NOvieGBzA8OPX5vxbecScA9eAG7RS5mY745yFKJnUiedi7Tab=w1y6fcmddof	https://docs.google.com/document/d/1CnI9sDwcQwUwBUw_2OY5kxbPvht7S2cvFIU7ZtQaYn4/ded7Tab=w1y6fcmddof
Street Smart Supplies (Harm Reduction)	Resource session aimed at reducing risks associated with substance use. Provides education and potentially supplies focused on harm reduction strategies for individuals struggling with addiction.	Overdose prevention tools (Narcan/Naloxone), sterile syringe access, fentanyl/oxycodone test strips, naloxone distribution, stop smoking kits, wound care supplies, STI testing (HIV/HCV), harm reduction, PrEP resource navigation, safer sex kit distribution, sharps disposal systems, substance use education, drug checking services, viral hepatitis vaccination, community outreach programs, peer support networks, trauma-informed care integration, mobile unit deployment, stigma reduction strategies	<ul style="list-style-type: none"> - Need access to Naloxone (Narcan) for overdose prevention - Seeking clean needles or safer injection supplies - Want information on fentanyl testing and safer drug use - Looking for safer sex supplies and education - Need wound care supplies or education - Seeking substance testing services - Want to learn about overdose prevention strategies - Looking for peer support or outreach services - Need hygiene supplies or basic necessities - Seeking information on medication-assisted treatment options 	Need clean needles, overdose prevention, how to shoot safely, hide track marks, abscess popping, mesh mouth fixes, cut drugs for safety, fake piss for probation, avoid vein collapse, slash spots gross miss, detox hacks, hide withdrawals at work, cook crack right, snort without bleeding, vein finder tricks, avoid fentanyl death, makeshift tourniquets, spoon sharing dangers, hide addiction from family, quit without rehab	Clean needle exchanges, Narcan distribution, fentanyl test strips, wound care supplies, safer smoking kits, sterile syringes, alcohol wipes, hygiene product access, overdose prevention training, PrEP/PEP navigation, hepatitis/HIV testing, peer recovery networks, medication lockboxes, abscess care guidance, safe injection education, addiction counseling referrals, relapse prevention tools, crisis hotline numbers, sterile water packets, community outreach programs.	Narcan/Naloxone Kits (with training) Fentanyl Test Strips (10/pack) Condoms & Lube (variety of sizes/types) HIV Home Test Kits (results in 20 mins) Pregnancy/Weed Test Kits Mini First Aid Kits (tourniquet included)	https://www.helpishope.org/service-page/street-smart-supplies-harm-reduction	15 Minutes	https://docs.google.com/document/d/1NOvieGBzA8OPX5vxbecScA9eAG7RS5mY745yFKJnUiedi7Tab=w1y6fcmddof	https://docs.google.com/document/d/1CnI9sDwcQwUwBUw_2OY5kxbPvht7S2cvFIU7ZtQaYn4/ded7Tab=w1y6fcmddof
Sexual Health Safety Session	Confidential session offering HIV testing, STI prevention education, contraception resources, and healthy relationship guidance. Technology enhances access to discreet services, testing kits, and local healthcare connections for comprehensive sexual health support.	STI testing access, safer sex education, PrEP/PEP navigation, sexual consent coaching, condoms, lube, pleasure-positive frameworks, LGBTQ+ affirming care, trauma-informed sexual health, gender identity validation, sexual dysfunction support, STI prevention resources, HIV risk reduction, sexual boundary setting, reproductive health resources, sexual coercion screening, intimacy rebuilding strategies, sexual orientation documentation, partner communication skills, post-assault care referrals, pleasure-centered health models	<ul style="list-style-type: none"> - Need confidential STI/STD testing - Seeking information about PrEP or PEP for HIV prevention - Want to discuss sex, sexuality or intimate issues - Looking for LGBTQ+ inclusive sexual health care - Need education on safe sex practices - Seeking help with sexual function concerns - Want information on sexual health vaccinations - Looking for support with intimate partner violence - Seeking gender-affirming sexual health care - Want to improve sexual communication skills 	STD burning piss, HIV scare, unwanted pregnancy panic, rape kit info, cheating guilt STDs, anal bleeding, sex worker safety, post-rape morning-after pill, blackout sex regrets, gangbang health risks, Tinder hookup avoidance, sex for drugs trade, prison rape aftermath, hiding herpes, sex with cuts/scars, sex while high, sex trade arrest help, revenge porn exposure, sex dungeon infections	Free STI testing at home, confidential HIV testing, PrEP 101 education, PEP emergency access, condom variety packs, lube, LGBTQ+ inclusive care, STI treatment referrals, partner communication guides, trauma-informed sexual health, birth control options, emergency contraception, pelvic exam resources, HPV vaccine navigation, anonymous testing sites, Planned Parenthood partnerships, sexual boundary-setting tools, post-assault care, reproductive health clinics, menstrual health supplies, sexual wellness checklists.	HIV Rapid Oral Testing (99% accuracy) Free STI At-Home Test Kit referral PrEP 101 Guide (access/affordability) Condom Variety Pack (latex-free/flavored) Scripts for partner status discussions Local PrEP prescriber referrals "No Matter What" action plan	https://www.helpishope.org/service-page/sexual-health-safety-session	30 Minutes	https://docs.google.com/document/d/1NOvieGBzA8OPX5vxbecScA9eAG7RS5mY745yFKJnUiedi7Tab=w1y6fcmddof	https://docs.google.com/document/d/1CnI9sDwcQwUwBUw_2OY5kxbPvht7S2cvFIU7ZtQaYn4/ded7Tab=w1y6fcmddof
Illness/Disability & Insurance Coverage	Guidance session on navigating insurance options for illness and disability-related needs. Provides information on available coverage types, application processes, and understanding benefits.	Medicaid/Medicare navigation, disability benefits assistance, insurance appeals guidance, chronic condition documentation, workplace accommodation letters, IHSS, SSI/SSDI application support, pre-existing condition advocacy, claims denial appeals, income replacement programs, medical leave paperwork, COBRA enrollment help, Affordable Care Act (ACA) plans, disability rights education, long-term care insurance, catastrophic coverage options, out-of-pocket cost reduction, prescription prior authorization, medical debt negotiation, health savings account (HSA) setup, caregiver support benefits	<ul style="list-style-type: none"> - Need help understanding health insurance options - Seeking assistance with Medicare/Medicaid enrollment - Want guidance on applying for disability benefits - Looking for strategies to manage chronic illness - Need help negotiating medical bills - Seeking information on prescription drug assistance programs - Want to understand rights under the Americans with Disabilities Act - Need help coordinating care for complex medical conditions - Seeking resources for in-home care services - Looking for guidance on long-term care planning gaps 	Medicaid denied me, disability application rejected, can't afford insulin, ER bills bankrupting me, SSI cut off, pre-existing condition coverage, chemo cost help, mental health parity violations, medical bankruptcy advice, insurance appeals process, VA benefits backlog, Medicare donut hole panic, medical debt collectors, prior authorization delays, hospital financial aid, ACA plan navigation, disability lawyer fees, medical identity theft, nursing home Medicaid spend-down, hospice coverage gaps	Medi-Cal application assistance, disability benefits appeals, SSI/SSDI eligibility help, hospital financial aid navigation, chemo cost support, insulin access programs, medical debt relief, hospice coverage guidance, pre-existing condition advocacy, insurance claim disputes, caregiver support benefits, prior authorization assistance, ACA plan enrollment, medical bankruptcy advice, durable equipment funding, in-home care coordination, prescription cost reduction, medical identity theft recovery, counterfeit medication alerts, chronic illness resources.	<ul style="list-style-type: none"> - A Step-by-Step Application Guide tailored to your situation - A checklist of required documents (no more missed deadlines!) - Contact info for local advocates if appeals are needed - Crisis Avoidance Kits: Digital reminders for appointments + emergency contact scripts. 	https://www.helpishope.org/service-page/illness-disability-insurance-coverage	30 Minutes	https://docs.google.com/document/d/1NOvieGBzA8OPX5vxbecScA9eAG7RS5mY745yFKJnUiedi7Tab=w1y6fcmddof	https://docs.google.com/document/d/1CnI9sDwcQwUwBUw_2OY5kxbPvht7S2cvFIU7ZtQaYn4/ded7Tab=w1y6fcmddof
Self-Care & Wellness Reset Session	Session designed to help individuals develop effective self-care routines. Covers stress management techniques, healthy lifestyle habits, and personalized strategies for maintaining physical and mental wellness.	Stress management, burnout recovery strategies, mindfulness meditation guides, relaxation breathing techniques, sleep hygiene optimization, nutritional wellness planning, emotional regulation tools, daily routine structuring, digital detox methods, nature therapy integration, aromatherapy basics, gratitude journaling practices, energy management systems, holistic healing modalities, sensory grounding exercises, creative expression therapy, leisure activity scheduling, hydration/nutrition tracking, positive affirmation development, work-life balance coaching	<ul style="list-style-type: none"> - Feeling overwhelmed and need stress management techniques - Want to develop a personalized self-care routine - Seeking strategies to prevent or recover from burnout - Need help improving sleep quality and habits - Looking for mindfulness and meditation practices - Want to learn emotional regulation skills - Seeking guidance on setting healthy boundaries - Need strategies for digital detox and screen time management - Want to incorporate gratitude practices into daily life - Seeking holistic approaches to boost overall well-being 	Too depressed to shower, can't get out of bed, starving but can't eat, rotting teeth no dentist, stink from no laundry, panic attacks daily, burnt out breakdown, suicidal from exhaustion, drinking to numb pain, chain-smoking stress, self-harm scars shame, insomnia for weeks, crying nonstop, hate my body, failing at adulting, CPS says filthy house, bedbug infestation, lice outbreak, pissing the bed, moldy dishes everywhere	Stress management skills, burnout recovery strategies, digital detox plans, sleep improvement guides, gratitude journaling templates, anger management tools, trauma yoga sessions, hydration tracking systems, art/music therapy, nature immersion activities, positive affirmation practices, time management coaching, self-care routines for parents, emotional regulation skills, mindfulness meditation, hobby exploration, relaxation breathing techniques, social media breaks, healthy meal prep guides, crisis coping toolkits.	5-Minute Grounding Techniques Budget-Friendly Rituals (e.g., shower meditations) Boundary-Building Strategies Crisis-to-Calm Flowchart Sensory First Aid Kit (sights/sounds/smells) Trauma-Informed Yoga Playlist	https://www.helpishope.org/service-page/self-care-wellness-reset-session	30 Minutes	https://docs.google.com/document/d/1NOvieGBzA8OPX5vxbecScA9eAG7RS5mY745yFKJnUiedi7Tab=w1y6fcmddof	https://docs.google.com/document/d/1CnI9sDwcQwUwBUw_2OY5kxbPvht7S2cvFIU7ZtQaYn4/ded7Tab=w1y6fcmddof
Mindful Mental Wellness Session	A session focused on improving mental health through mindfulness techniques. May include guided meditation, stress reduction exercises, and strategies for managing anxiety or depression. Aims to enhance overall emotional well-being and resilience.	Cognitive behavioral techniques, Mindfulness based stress reduction, Emotional intelligence development, Anxiety management strategies, Depression coping skills, Trauma-informed care, Positive psychology practices, Resilience building exercises, Self-esteem enhancement, Mental health first aid, Mood tracking and management, Therapeutic journaling techniques, Grief and loss support, Anger management skills, Panic attack coping strategies, Sleep hygiene for mental health, Mindful eating practices, Social connection strategies, Cognitive restructuring techniques, Grounding exercises for anxiety.	<ul style="list-style-type: none"> - Seeking coping strategies for anxiety or depression - Want to learn mindfulness techniques for stress reduction - Need help developing emotional regulation skills - Looking for support in processing grief or loss - Want to build resilience and improve mental toughness - Seeking strategies to improve self-esteem and self-worth - Need help managing intrusive thoughts or rumination - Looking for techniques to handle panic attacks - Want to develop better sleep habits for mental health - Seeking support for trauma-related mental health concerns 	Suicidal thoughts help, panic attack right now, hearing voices what to do, psychotic episode danger, cutting myself bad, overdose survival tricks, ghosting everyone forever, rage blackouts, meth psychosis, jail better than this, want to die tonight, 911 for mental breakdown, locked in psych ward, scared of my own mind, PTSD flashbacks, paranoid delusions, homeless and crazy, addicts anonymous failed, family gave up on me, psych meds not working	Non-crisis mental health check-ins, emotional regulation techniques, mindfulness for stress reduction, grief processing, resilience-building exercises, sleep hygiene for anxiety, panic attack coping strategies, self-esteem improvement tools, intrusive thought management, trauma-informed listening sessions, mood tracking templates, 10-minute joy boost ideas, lighthearted mental health support, burnout prevention for caregivers, laughter therapy for depression, emotional weather mapping, holistic mental tune-ups, preventative soul care, peer support for daily stressors, non-judgmental venting space.	"Mood Map" for emotional tracking Mini Self-Care Menu (e.g., 10-minute joy boosts) Lighthearted prompts + deep listening Personalized emotional weather analysis Tiny, doable steps for stress management	https://www.helpishope.org/service-page/mindful-mental-wellness-session	45 Minutes	https://docs.google.com/document/d/1NOvieGBzA8OPX5vxbecScA9eAG7RS5mY745yFKJnUiedi7Tab=w1y6fcmddof	https://docs.google.com/document/d/1CnI9sDwcQwUwBUw_2OY5kxbPvht7S2cvFIU7ZtQaYn4/ded7Tab=w1y6fcmddof

Service Name	Description	Applications	Situations	Pain Point Search Phrases	Keywords	In Session Tools	Access Location	Duration	Assessment Questions	Prompts
Encouragement & Empowerment Exchange	Peer-led mentorship session focusing on personal growth and sustainable habit formation. Offers support and accountability for achieving individual goals, leveraging the power of shared experiences.	Stress management, burnout recovery strategies, digital detox plans, sleep improvement guides, gratitude journaling templates, anger management tools, trauma yoga sessions, hydration tracking systems, art/music therapy, nature immersion activities, positive affirmation practices, time management coaching, self-care routines for parents, emotional regulation skills, mindfulness meditation, hobby exploration, relaxation breathing techniques, social media breaks, healthy meal prep guides, crisis coping toolkits.	<ul style="list-style-type: none"> - Feeling discouraged and need a motivational boost - Want to build self-confidence and overcome self-doubt - Seeking strategies to maintain a positive outlook - Need help identifying and leveraging personal strengths - Looking for techniques to overcome imposter syndrome - Want to develop a growth mindset - Seeking guidance on setting and achieving personal goals - Need help reframing negative self-talk - Looking for ways to celebrate progress and small victories - Want to develop better self-advocacy skills 	<p>hype man energy, good vibes only, pat on the back, pep talk</p> <p>ASAP, cheerleader mode, morale boost, positive gaslighting, pick-me-up, support squad, confidence booster. "you got this" reminders, backing me up, rooting for me, pump me up, boost my spirit, lift me up, have my back, keep me going, push through the mess, stay strong vibes, ride-or-die crew, thick-and-thin tribe, no-judgment zone, safe space to vent, real-talk pep rallies, hype circle, clapback against doubt, shout-out squad, good energy gang, no-quit crew.</p>	Free motivation coaching sessions, overcoming self-doubt skills, daily affirmations for self-esteem, hope toolkit creation, peer mentorship programs, growth mindset training, celebrating small wins guides, imposter syndrome solutions, survivor success stories, clapback strategies for discrimination, resilience training for trauma, rebuilding confidence after failure, empowerment through storytelling, community connection events, vision board parties, marginalized narrative rewriting, gentle accountability groups, hustle-free goal achievement, trauma-informed encouragement, cultural pride reinforcement.	<p>Uplifting mantras + actionable steps</p> <p>Resilience-building stories</p> <p>Practical strategies for reclaiming agency</p> <p>Personalized motivational frameworks</p> <p>Crisis navigation scripts</p>	https://www.helpishope.org/service-page/encouragement-empowerment-exchange-1	30 Minutes	https://docs.google.com/document/d/1Nc9sDwcQGBzA8OPX5tVxbecSA9eAG7RS5mY745vFKJnU/edit?tab=twmagc3qujx#heading=h.mx2n1h8xx11	https://docs.google.com/document/d/1_Cn9sDwcQwWBUUw_2OY5KxbPvH7S2cvFIUJZIQaYr4gedi?tab=twmagc3qujx
Trauma & Grief Release For Relief	A session focused on improving mental health through mindfulness techniques. May include guided meditation, stress reduction exercises, and strategies for managing anxiety or depression. Aims to enhance overall emotional well-being and resilience.	Free motivation coaching sessions, overcoming self-doubt, daily affirmations for self-esteem, hope toolkit creation, peer mentorship programs, growth mindset training, celebrating small wins guides, imposter syndrome solutions, survivor success stories, clapback strategies for discrimination, resilience training for trauma, rebuilding confidence after failure, empowerment through storytelling, community connection events, vision board parties, marginalized narrative rewriting, gentle accountability groups, hustle-free goal achievement, trauma-informed encouragement, cultural pride reinforcement.	<ul style="list-style-type: none"> - Need support processing a recent loss or traumatic event - Seeking coping strategies for PTSD symptoms - Want to understand and navigate the stages of grief - Looking for techniques to manage trauma triggers - Need help with complicated or prolonged grief - Seeking support for childhood or complex trauma - Want to explore body-based approaches to trauma healing - Looking for ways to honor a loss through rituals or ceremonies - Need strategies for dealing with grief in the workplace - Seeking guidance on facilitating post-traumatic growth 	<p>Suicidal from memories, cutting to feel alive, night terrors about rape, punching walls rage, ghost hallucinations, drunk to forget abuse, overdose to escape, jail flashbacks, self-harm scars shame, incest nightmares, violence urges, hearing abuser's voice, dissociative episodes, child abuse flashbacks, guilt over surviving, muting emotions with drugs, PTSD blackouts, sleepwalking danger, suicide notes saved, drunk driving death wishes</p>	PTSD counseling for survivors, domestic violence recovery, incest survivor support groups, EMDR therapy referrals, grief circles for loss, anger management after trauma, funeral cost assistance programs, memory reprocessing techniques, dissociation coping tools, childhood trauma healing, survivor guilt mitigation, art therapy for grief, addiction relapse triggers tied to trauma, crisis-to-opportunity reframing, somatic experiencing therapy, trauma-informed yoga, emotional numbness navigation, anniversary grief support, community healing rituals, trauma release breathwork.	<p>- A personalized Healing Roadmap (self-care strategies + local resources)</p> <p>- Grounding techniques for tough moments (breathwork, mantras, etc.)</p>	https://www.helpishope.org/service-page/trauma-grief-release-for-relief	60 Minutes	https://docs.google.com/document/d/1Nc9sDwcQGBzA8OPX5tVxbecSA9eAG7RS5mY745vFKJnU/edit?tab=ok9s563qvf6#heading=h.vv6btrb28qp	https://docs.google.com/document/d/1_Cn9sDwcQwWBUUw_2OY5KxbPvH7S2cvFIUJZIQaYr4gedi?tab=ok9s563qvf6
Suffocating Stress To Supreme Serenity	Stress management session offering techniques to reduce overwhelming stress. May include coping strategies, relaxation methods, and tools for identifying and managing stress triggers in daily life.	Stress management, anxiety reduction techniques, relaxation breathing exercises, burnout prevention strategies, work-life balance coaching, panic attack coping skills, mindfulness meditation guides, progressive muscle relaxation, biofeedback training referrals, adrenal fatigue education, time management systems, emotional overwhelm toolkits, crisis de-escalation methods, nature therapy integration, sensory grounding techniques, sleep improvement protocols, nutritional stress support, art therapy for stress relief, digital detox planning, cortisol reduction practices	<ul style="list-style-type: none"> - Feeling overwhelmed by chronic stress - Need techniques to manage work-related stress - Seeking mindfulness practices for stress reduction - Want to understand the mind-body connection in stress - Looking for natural remedies to combat stress - Need strategies to balance multiple life stressors - Seeking help with stress-induced sleep issues - Want to learn time management skills to reduce stress - Looking for ways to incorporate stress-relieving activities into daily life - Need guidance on managing financial stress 	<p>Nervous breakdown vomiting, chest pain from stress, hair falling out bald spots, shaking hands no control, rage smashed phone, crying daily at work, suicidal from debt, chain-smoking 2 packs, snapping at kids, panic attack ER visit, PTSD triggers everywhere, paranoid cops watching, trapped in hell job, alcoholic shakes, gambling lost house, eviction panic attacks, custody battle PTSD, insomnia for weeks, stomach ulcers</p>	Stress-induced physical symptom relief, cortisol reduction techniques, debt stress management, custody battle coping strategies, alcoholic recovery resources, insomnia hacks for anxiety, workplace rage management, panic attack ER alternatives, digital detox challenges, nature immersion for burnout, mindfulness playlists for calm, adrenal fatigue education, time management for overwhelmed parents, crisis prioritization frameworks, sensory grounding exercises, progressive muscle relaxation, biofeedback training referrals, stress journaling prompts, holistic stress education, survivor-led stress s.	<p>A personalized Anxiety First Aid Kit (think: instant grounding tricks)</p> <p>A "Worry Menu" to sort fixable vs. "let-it-go" stressors</p>	https://www.helpishope.org/service-page/suffocating-stress-to-supreme-serenity	30 Minutes	https://docs.google.com/document/d/1Nc9sDwcQGBzA8OPX5tVxbecSA9eAG7RS5mY745vFKJnU/edit?tab=186eah73zxp	https://docs.google.com/document/d/1_Cn9sDwcQwWBUUw_2OY5KxbPvH7S2cvFIUJZIQaYr4gedi?tab=186eah73zxp
Down or Depressed Support Session	Support session for individuals experiencing depression or persistent low mood. Offers coping strategies, resources for professional help, and a supportive environment for discussing mental health challenges.	Depression coping strategies, low-energy day management, negative thought pattern interruption, crisis intervention resources, peer-support network access, hope-building exercises, sleep hygiene optimization, mindfulness-based cognitive techniques, non-medication depression approaches, micro-goal achievement systems, social reconnection planning, trauma-informed goal tracking, antidepressant lifestyle coaching, grief processing tools, emotional numbness navigation, clinical referral coordination, joy rediscovery techniques, depression relapse prevention, somatic grounding practices, isolation reduction strategies	<ul style="list-style-type: none"> - Experiencing persistent low mood or loss of interest - Need strategies to combat negative thought patterns - Looking for non-medication approaches to managing depression - Want to understand the role of lifestyle factors in depression - Seeking support in creating a depression management plan - Need help maintaining social connections while depressed - Looking for ways to incorporate exercise into depression treatment - Want to learn mindfulness techniques for managing depressive thoughts - Seeking strategies to improve sleep while dealing with depression - Need guidance on building a support system for depression recovery 	<p>Want to die tonight, can't get out of bed, starving but can't eat, crying nonstop, self-harm cuts infected, suicidal plans written, ghosted everyone, falling life completely, hating myself, drinking to blackout, starving myself, dark thoughts daily, hopelessness suffocating, body aches from depression, no showering weeks, lost job again, pushed friends away, overdose attempt failed, CPS took kids, divorce destroyed me</p>	Non-medication depression help, low-energy day survival kits, suicidal thoughts hotlines, free crisis text lines, grief counseling for uninsured, isolation support for seniors, self-harm alternatives, trauma fog navigation, failed overdose recovery resources, hopelessness support groups, bedridden depression assistance, showering motivation tools, eating disorder prevention guides, anhedonia coping strategies, depression meal prep ideas, sunlight exposure plans, pet therapy for depression, movement motivation for sadness, antidepressant lifestyle coaching, peer-led depression circles.	<p>Hope Builder Toolkit: Micro-goal frameworks + uplifting journal prompts</p> <p>Curated list of 24/7 crisis hotlines and peer-support networks</p> <p>Science-backed coping strategies for low-energy days (e.g., "1% better" incremental progress plans)</p> <p>Local counselor/support group referrals with sliding-scale options</p> <p>Personalized depression management plans</p> <p>Crisis-to-stability flowchart for acute low-mood episodes</p>	https://www.helpishope.org/service-page/down-or-depressed-support-session	45 Minutes	https://docs.google.com/document/d/1Nc9sDwcQGBzA8OPX5tVxbecSA9eAG7RS5mY745vFKJnU/edit?tab=q3f0cs25zm13b	https://docs.google.com/document/d/1_Cn9sDwcQwWBUUw_2OY5KxbPvH7S2cvFIUJZIQaYr4gedi?tab=q3f0cs25zm13b
Friend, Family & Relationship Rebuilding	Guidance session focused on repairing and strengthening personal relationships. Offers strategies and support for improving communication and resolving conflicts within family and friendship circles.	Conflict resolution strategies, trust restoration techniques, healthy boundary setting, communication skills, estrangement mediation tools, forgiveness frameworks, family therapy referrals, codependency awareness, emotional safety planning, intergenerational trauma support, reconciliation roadmaps, active listening exercises, relationship accountability models, attachment style education, blended family integration, cultural competency guidance, peer support networks, crisis de-escalation training, relational trauma recovery, post-addiction family dynamics	<ul style="list-style-type: none"> - Need help setting healthy boundaries with family members - Seeking strategies to rebuild trust after betrayal - Want to improve communication skills with partner or friends - Looking for guidance on navigating complex family dynamics - Need support in healing from a toxic relationship - Seeking help in managing expectations in relationships - Want to understand and work with different attachment styles - Looking for strategies to maintain long-distance relationships - Need help addressing cultural differences in relationships - Seeking support in blending families or step-parenting challenges 	<p>Hate my family, toxic parents, abusive spouse, sibling violence, verbal abuse daily, want to disown kids, cutting off family, domestic violence escape, scared of dad's temper, mom's alcoholic rages, PTSD from childhood, in-laws destroying marriage, kids taken by CPS, incest survivor, violent arguments, emotional abuse signs, forced to forgive abuser, revenge on family, parent stole my money, homeless after family betrayal</p>	Conflict resolution strategies, toxic family exit plans, co-parenting mediation, domestic violence escape help, estrangement counseling, custody battle support, forgiveness skills, sibling reconciliation resources, family theft recovery, rebuilding trust after betrayal, blended family integration, intergenerational trauma support, communication skills-building, cultural competency guidance, ghosting recovery, orphan support groups, parenting after divorce, elder care disputes, family roles renegotiation, healthy boundary templates.	<p>- Communication scripts for tough convos</p> <p>- Red flag green flags (when to stay, when to bail)</p> <p>- Repairing trust after betrayal (your pace)</p> <p>- A Boundary Builder Kit (how to say "no" without guilt)</p> <p>- Conflict de-escalation playbooks</p> <p>- A "Connection Roadmap" (needs → non-negotiables)</p>	https://www.helpishope.org/service-page/friend-family-relationship-rebuilding	45 Minutes	https://docs.google.com/document/d/1Nc9sDwcQGBzA8OPX5tVxbecSA9eAG7RS5mY745vFKJnU/edit?tab=1ietivdmg6e	https://docs.google.com/document/d/1_Cn9sDwcQwWBUUw_2OY5KxbPvH7S2cvFIUJZIQaYr4gedi?tab=1ietivdmg6e

Service Name	Description	Applications	Situations	Pain Point Search Phrases	Keywords	In Session Tools	Access Location	Duration	Assessment Questions	Prompts
Identity Insights & Personality Paths	Session exploring personal strengths, values, and potential growth areas. Aims to enhance self-awareness and guide personal development through assessments and reflective exercises.	Strengths assessment tools, values clarification education, purpose discovery exercises, LGBTQ+ identity validation, cultural heritage exploration, neurodiversity acceptance strategies, career alignment coaching, personal branding development, life transition navigation, self-actualization roadmaps, intersectionality awareness, gender affirmation resources, personality type analysis (MBTI/Enneagram), creative expression therapy, role identity restructuring, stigma resistance training, authenticity cultivation, legacy building techniques, social identity mapping	<ul style="list-style-type: none"> - Unlock Hidden Potential: Discover strengths you didn't know you had. - Career Clarity: Align your innate traits with job roles that truly fit. - Relationship Enhancement: Gain insights into your communication style and needs. - Confidence Boost: Develop self-assurance based on a deep understanding of your unique qualities. - Decision-Making Power: Make choices aligned with your true self. - Personal Brand Development: Craft a genuine personal brand. - Stress Reduction: Identify potential pitfalls and develop strategies to navigate challenges. - Goal Setting Precision: Set objectives that align with your intrinsic motivations. - Improved Self-Advocacy: Learn to articulate your value in ways that resonate with others. - Life Direction Clarity: Gain a roadmap for personal and professional growth that feels authentically "you." 	Don't know who I am, hating myself daily, identity crisis, feeling fake always, personality disorder test, lost my purpose, gender confusion hell, culture clash immigrant, failed at everything, no true friends, adopted and angry, sexuality shame, race identity crisis, imposter syndrome, values childhood trauma defines me, mental illness ruined me, no personality anymore, want to disappear, body dysmorphia destroying life, cult escapee lost	personal development, self improvement, self development, personal growth, personal development goals, self growth, self development goals, personality development training, self development skills, personal development skills, personal branding, personal growth and development, career alignment, imposter syndrome, identity crisis, self awareness, strengths assessment, values clarification, purpose discovery, personality test, MBTI test, Enneagram test, gender identity, LGBTQ+ identity, neurodiversity, body dysmorphia, self-actualization, authenticity, intersectionality, self reflection, self discovery, life purpose, self acceptance, self esteem, self worth, self confidence	<ul style="list-style-type: none"> - Personality Profiling: Beyond basic tests—we're talking nuanced insights - SWOP Analysis: Strengths, Weaknesses, Opportunities, Pitfalls—tailored to your life - Career Alignment: Matching your wiring to work that lights you up - Relationship Dynamics: Understanding your communication style and needs - A Personal Power Map (your unique traits → real-world applications) - A "Growth Zones" action plan for stretching comfort zones 	https://www.helpishope.org/service-page/identity-insights-personality-paths	60 Minutes	https://docs.google.com/document/d/1NOvieGBzA8OPX5vxbecScA9eAG7RS5mY745yFKJnU/edit?tab=t.110aakpxlqxq	https://docs.google.com/document/d/1_Cn9sDwcQwW6Uw_2OYSkxbPvH7S2cvFIU7IQaYn4/edit?tab=t.110aakpxlqxq
Beyond Bars - Reintegration Resources	Guidance session offering support and resources for individuals transitioning from incarceration back into society. Provides assistance with record expungement, employment discrimination, housing placement, and probation navigation, aiming to reduce recidivism and promote successful reintegration.	Record expungement assistance, parole compliance navigation, employment discrimination counseling, voting rights restoration, halfway house placement, background check mitigation, occupational licensing guidance, sober living home referrals, probation violation prevention, collateral consequence education, civic reintegration education, felony-friendly job boards, court fee reduction strategies, parental rights advocacy, public benefits eligibility, mentorship matching programs, transitional ID acquisition, stigma coping mechanisms, entrepreneurship training for returning citizens	<ul style="list-style-type: none"> - Need help finding employment with a criminal record - Seeking information on record expungement or sealing - Looking for transitional housing options post-release - Need guidance on navigating probation or parole requirements - Seeking support for family reunification after incarceration - Want to explore education or skill development opportunities - Need help accessing mental health or substance abuse services - Looking for peer support networks for ex-offenders - Seeking financial management guidance post-release - Want to understand legal rights and restrictions post-incarceration 	Felon jobs near me, prison record housing, probation officer hates me, can't get ID after jail, arrest record hiding, parole drug test failed, ankle monitor problems, ex-con stigma, jail ruined my life, prison rape trauma, gang ext help, stolen during incarceration, prison addiction worse, overdosed after release, homeless after prison, warrants outstanding fear, cops harass ex-cons, can't see my kids, criminal record permanent, jailhouse religion crisis	Felon-friendly job training, parole compliance education, criminal record expungement help, ID recovery post-incarceration, probation violation prevention, halfway house placement, occupational licensing guidance, voting rights restoration, court fee reduction strategies, reentry mentorship programs, felony-friendly housing, background check mitigation, sober living home referrals, parenting rights after prison, public benefits eligibility, stigma coping skills, job skills for formerly incarcerated, legal literacy classes, transitional ID acquisition, community reintegration coaching.	<ul style="list-style-type: none"> - Re-Entry Roadmap: Week-by-week milestones for first-year success - "Ban the Box" employment guides + mock interview simulations - Housing navigation playbook with landlord negotiation scripts - Expungement clinic directory + record-sealing eligibility checklist - Family reunification action plans - Probation/parole requirement navigation templates - Financial literacy modules tailored to post-incarceration needs - Peer mentorship network connections for sustained support 	https://www.helpishope.org/service-page/beyond-bars-re-integration-resources	30 Mintues	https://docs.google.com/document/d/1NOvieGBzA8OPX5vxbecScA9eAG7RS5mY745yFKJnU/edit?tab=t.qI65dmrbobx0	https://docs.google.com/document/d/1_Cn9sDwcQwW6Uw_2OYSkxbPvH7S2cvFIU7IQaYn4/edit?tab=t.qI65dmrbobx0
Building Strength Beyond Survival	Trauma-informed resilience session combining cognitive behavioral techniques with practical life skills development. Focuses on empowering individuals to move beyond survival mode and thrive in their daily lives.	Post-traumatic growth strategies, resilience-building exercises, empowerment coaching, adversity coping mechanisms, trauma recovery skills, personal strength development, crisis-to-opportunity frameworks, survivor empowerment tools, emotional fortitude training, self-advocacy skill-building, hardship transformation techniques, purpose rediscovery methods, adversity reframing practices, mental toughness cultivation, hope restoration resources	<ul style="list-style-type: none"> - Seeking support in recovery from self-harm behaviors - Need help developing a safety plan for suicidal thoughts - Looking for strategies to heal from past abuse or assault - Want to build resilience and strength after trauma - Seeking guidance on setting boundaries after experiencing abuse - Need help managing flashbacks or intrusive memories - Looking for ways to rebuild self-esteem and identity - Want to explore body-based healing approaches for trauma - Seeking support in overcoming shame related to past experiences - Need help developing healthy coping mechanisms 	PTSD from rape, domestic violence flashbacks, incest nightmares, beaten by parent, human trafficking survivor, homelessness PTSD, gang violence trauma, police brutality victim, war vet nightmares, prison rape trauma, child abuse flashbacks, overdose loss grief, school shooting survivor, cancer relapse terror, natural disaster trauma, hate crime victim, disabled after accident, addict lost custody, burned in fire, paralyzed suicide thoughts	PTSD from violence recovery, human trafficking survivor networks, police brutality trauma counseling, natural disaster resilience programs, overdose grief support, chronic pain acceptance education, homeless trauma healing, cancer relapse coping strategies, hate crime survivor circles, paralysis adjustment counseling, burned survivor peer groups, disability pride advocacy, foster care trauma therapy, military veteran reintegration, addiction recovery after loss, financial abuse recovery, religious trauma support, workplace discrimination healing, cultural displacement resilience, generational poverty resilience.	<ul style="list-style-type: none"> - A Crisis-to-Calm Toolkit (grounding exercises + emergency contacts) - Art therapy prompts for when words fail - A "Progress, Not Perfection" tracker - Rewriting "I survived" as "I'm thriving" - Spotting warning signs before the storm hits - Curating a joy playlist that's louder than old pain 	https://www.helpishope.org/service-page/building-strength-beyond-survival	30 Minutes	https://docs.google.com/document/d/1NOvieGBzA8OPX5vxbecScA9eAG7RS5mY745yFKJnU/edit?tab=t.stdxq4y4y4mI	https://docs.google.com/document/d/1_Cn9sDwcQwW6Uw_2OYSkxbPvH7S2cvFIU7IQaYn4/edit?tab=t.stdxq4y4y4mI
Recovery Reinforcement & Resilience	Session designed to support ongoing recovery from substance use disorders. Provides strategies for maintaining sobriety, building resilience, and developing a strong support network.	Relapse prevention planning, sobriety maintenance strategies, recovery milestone tracking, sober lifestyle coaching, addiction resilience education, peer accountability systems, coping skill development, recovery capital building, sobriety trigger management, wellness routine creation, positive habit formation, sober social integration, recovery community networking, mindfulness-based relapse prevention, sober goal achievement frameworks	<ul style="list-style-type: none"> - Need help developing a comprehensive relapse prevention plan - Seeking strategies to manage triggers and cravings - Want to explore alternative or complementary recovery approaches - Looking for support in navigating 12-step programs - Need help addressing co-occurring mental health issues - Seeking guidance on rebuilding relationships in recovery - Want to develop stress management skills specific to recovery - Looking for ways to build a sober social network - Need support in addressing trauma as part of recovery - Seeking help in creating a long-term recovery maintenance plan - Seeking non-judgmental support for active substance use - Need information on harm reduction strategies - Looking for guidance on starting the recovery process - Want to learn about medication-assisted treatment options - Seeking support for behavioral addictions (gambling, sex, etc.) - Need help accessing detoxification or treatment services - Looking for strategies to manage addiction while maintaining employment - Want to understand the connection between trauma and addiction - Seeking support for family members of individuals with active addiction - Need information on legal rights and support for individuals with addiction 	Relapse cravings daily, sober but miserable, hiding drugs from PO, fake urine kits, lying about clean time, stealing meds, drunk texting ex-abuser, high during visitation, meth mouth shame, track marks hiding, sex for dope, pawmed kids toys, dealer threats, withdrawal puking, jail better than rehab, overdose revival tricks, shooting in neck veins, spoons under mattress, parole drug tests failed, rehab dropout	Relapse prevention planning, sober living housing locators, peer accountability networks, meth mouth dental referrals, opioid replacement therapy, sober social event calendars, recovery milestone tracking, NAA/AA alternatives, family intervention guides, addiction legal aid, trigger management toolkits, sober job boards, recovery apps for smartphones, fake urine kit warnings, dope sickness remedies, recovery capital building, faith-based recovery options, dual diagnosis support, sober parenting classes, harm reduction education.	<ul style="list-style-type: none"> - Craving interceptors (distraction hacks + emergency contacts) - Routine resets for chaotic days - Joy rediscovery (non-addictive dopamine hits) - A Relapse Resistance Plan (warning signs → action steps) - Sober-friendly social event calendar 	https://www.helpishope.org/service-page/recovery-reinforcement-resilience	60 Minutes	https://docs.google.com/document/d/1NOvieGBzA8OPX5vxbecScA9eAG7RS5mY745yFKJnU/edit?tab=t.a0qyn179tsf7	https://docs.google.com/document/d/1_Cn9sDwcQwW6Uw_2OYSkxbPvH7S2cvFIU7IQaYn4/edit?tab=t.a0qyn179tsf7
Assistance Addressing Active Addiction	24/7 support for individuals struggling with behavioral (sex, gambling, porn, social media/video games) or substance addiction. Provides peer intervention, recovery resources, and connections to treatment options.	Substance use crisis intervention, detox program navigation, withdrawal management resources, addiction counseling referrals, harm reduction toolkits, MAT (medication-assisted treatment) access, dual diagnosis support, emergency rehab placement, addiction hotline coordination, family intervention strategies, safe-use education, overdose prevention training, substance replacement therapies, peer recovery coaching, polysubstance use assistance	<ul style="list-style-type: none"> - Seeking non-judgmental support for active substance use - Need information on harm reduction strategies - Looking for guidance on starting the recovery process - Want to learn about medication-assisted treatment options - Seeking support for behavioral addictions (gambling, sex, etc.) - Need help accessing detoxification or treatment services - Looking for strategies to manage addiction while maintaining employment - Want to understand the connection between trauma and addiction - Seeking support for family members of individuals with active addiction - Need information on legal rights and support for individuals with addiction 	Heroin detox hacks, vein collapse fixes, abscess lancing tips, fentanyl test strips DIY, cook crack without burns, hide needles from kids, avoid OD death alone, get high safely, meth psychosis help, benzo withdrawal seizures, steal without getting caught, prostitute safety rules, prison drug smuggling, hide addiction at work, fake prescriptions online, avoid CPS while using, swap SNAP for dope, homeless shooting galleries, junkie funeral costs, HIV needles sharing	Detox program referrals, rehab waitlist navigation, overdose prevention training, MAT clinics near me, safe injection education, withdrawal symptom management, family intervention strategies, sober transportation help, addiction legal rights, harm reduction toolkits, Narcan distribution, fentanyl strip access, abscess care guidance, relapse prevention plans, dual diagnosis support, peer recovery coaching, addiction counseling referrals, meth mouth repair resources, hepatitis/HIV testing, crisis hotline numbers.	<ul style="list-style-type: none"> - Substance addiction guidance (alcohol, opioids, cannabis, etc.) - Behavioral addiction assistance (gambling, social media, sex, etc.) - Harm reduction kits (Narcan, safe use supplies, distraction tools) - Relapse prevention plans - Referrals to detox/rehab or recovery coaching - Crisis Navigation Toolkit (triggers → coping hacks) - Scripts for setting boundaries with enablers - "Small Win" trackers 	https://www.helpishope.org/service-page/assistance-addressing-active-addiction	30 Minutes	https://docs.google.com/document/d/1NOvieGBzA8OPX5vxbecScA9eAG7RS5mY745yFKJnU/edit?tab=t.h3hbw3l9agw	https://docs.google.com/document/d/1_Cn9sDwcQwW6Uw_2OYSkxbPvH7S2cvFIU7IQaYn4/edit?tab=t.h3hbw3l9agw

Service Name	Description	Applications	Situations	Pain Point Search Phrases	Keywords	In Session Tools	Access Location	Duration	Assessment Questions	Prompts	
Legal Rights & Resource Guidance	Information and support session for navigating legal issues and understanding individual rights. Offers guidance on accessing legal resources and understanding basic legal processes relevant to clients' needs.	Legal literacy skills, discrimination documentation training, disability rights navigation, parole/probation compliance help, eviction defense strategies, consumer debt protection, workplace accommodation requests, civil rights violation reporting, criminal record expungement assistance, family court advocacy, immigration status consultations, police interaction protocols, public benefits eligibility checks, small claims court preparation, restraining order petitions, wage theft recovery, student loan dispute guidance, health care proxy setup, notary service referrals, Fair Housing Act education	<ul style="list-style-type: none">- Need guidance on tenant rights and landlord disputes- Seeking information on employment rights and workplace discrimination- Want to understand basic consumer protection laws- Looking for resources on immigration law and procedures- Need help navigating family law issues (divorce, custody)- Seeking information on disability rights and accommodations- Want to understand the basics of the criminal justice system- Looking for guidance on small claims court procedures- Need help accessing legal aid or pro bono services- Seeking to understand rights during police interactions or arrests- Tenant/worker rights protection- Restraining orders & custody paperwork help- Need help developing self-advocacy skills for healthcare or education settings- Seeking guidance on effectively communicating needs to service providers- Want to learn how to navigate complex bureaucratic systems- Looking for strategies to assert rights without confrontation- Need assistance in documenting issues for formal complaints- Seeking to understand the basics of community organizing for change- Want to learn how to share personal stories effectively for advocacy- Looking for guidance on engaging with media for cause promotion- Need help understanding legislative processes for policy advocacy- Seeking strategies for building coalitions with other advocates or groups	Cops won't help me, suing my abuser, restraining order denied, custody favors abuser, landlord evicting unfairly, workplace harassment ignored, disability rights violated, parole officer abusive, parole violation proof, ICE targeting me, lawyer too expensive, evidence destroyed by abuser, gang threats ignored, prison guard abuse, CPS lying in court, judges bribed, legal aid waitlist, scam on online docs, cops protect rapists, statute of limitations expired	Tenant eviction defense, disability discrimination reporting, restraining order filing, wage theft recovery, police brutality complaints, immigration scam alerts, ADA accommodation letters, small claims court help, deadname legal fees, parole violation rights, consumer debt protection, workplace harassment documentation, custody battle legal aid, criminal record expungement, civil rights violation reporting, language interpreter access, notary service referrals, eviction notice templates, fair housing act education, medical leave rights.	<ul style="list-style-type: none">- Court prep checklists (what to wear, say, bring)- Fighting unfair fines/fees (template appeals included) - A Know Your Rights cheat sheet (stop-and-search, evictions)- Step-by-step guides for small claims/expungements- Direct lines to lawyers who work on sliding scales	https://www.helpishope.org/service-page/legal-rights-resource-guidance	30 Minutes	https://docs.google.com/document/d/1NcVieGBzA8OPX5tVxbecScA9eAG7RS5mY745yFKJnU/edit?tab=t1qwgw328ne62	https://docs.google.com/document/d/1CnI9sDwcQwU6Uw_2OY5kxbPvH7SzcvFIUzIqYn4/edit?tab=t1qwgw328ne62	
		Empowerment training session teaching individuals how to effectively navigate support systems and advocate for themselves. Aims to build confidence and skills in accessing needed services and resources.	Healthcare navigation scripts, ADA accommodation templates, benefits appeal letters, complaint documentation systems, peer advocacy training, bureaucratic process mapping, rights assertion frameworks, service denial appeals, medical record organization, case management coordination, IEP/504 plan assistance, insurance prior authorization requests, grievance procedure navigation, language interpreter coordination, cultural brokerage services, trauma disclosure scripts, reasonable accommodation letters, benefits reinstatement petitions, peer witness accompaniment, self-referral pathway creation	<ul style="list-style-type: none">- Too dumb for paperwork, disability application rejected, SSI denied me, eviction notice tomorrow, immigration papers lost, custody battle hell, bankruptcy mistakes, scared of government, welfare office closed, Medicaid pension forever, parole documents messed up, illiterate and desperate, fax machine bullshit, notary costs too much, deadname on IDs, warrants blocking help, food stamps cut off, scared to sign anything, hospital financial aid scams, legal jargon confusion	Medical bill dispute templates, benefits appeal letters, social worker negotiation scripts, ADA accommodation requests, trauma disclosure scripts, bureaucratic red tape hacks, complaint escalation guides, cultural brokerage services, healthcare navigation checklists, insurance prior authorization help, IEP/504 plan advocacy, grievance procedure navigation, peer advocacy training, self-referral pathway creation, disability rights education, discrimination documentation training, language interpreter coordination, crisis intervention routing, medical record synchronization, caregiver respite planning.	ADA/504 accommodation demand letter templates	<ul style="list-style-type: none">- Social media campaign guides- Advocacy Playbook (meeting/hearing tactics)- Systems Navigation flowchart- Crisis PR templates	https://www.helpishope.org/service-page/client-support-aidive-self-advocacy	https://docs.google.com/document/d/1NcVieGBzA8OPX5tVxbecScA9eAG7RS5mY745yFKJnU/edit?tab=t1n6d4z8su34f	30 Minutes	https://docs.google.com/document/d/1CnI9sDwcQwU6Uw_2OY5kxbPvH7SzcvFIUzIqYn4/edit?tab=t1n6d4z8su34f
Money Matters & Financial Focus	Information and support session for navigating financial issues and personal budgeting. Offers guidance on debts, savings, credit, side hustles, financial planning, anything to do with money and personal finances.	Debt management plans, credit repair strategies, emergency fund building, predatory lending prevention, public benefits optimization, bill negotiation tactics, financial abuse recovery, microsaving techniques, wage garnishment defense, utility arrearage solutions, SNAP/WIC maximization, child support modification guidance, bankruptcy alternatives, IDA (Individual Development Account) enrollment, earned income tax credit claims, paycheck budgeting systems, medical debt forgiveness, rental deposit assistance, identity theft recovery, low-income retirement planning	<ul style="list-style-type: none">- Need help creating a realistic and sustainable budget- Seeking strategies to pay off debt effectively- Want to understand and improve credit score- Looking for guidance on starting an emergency fund- Need help setting and achieving financial goals- Seeking basic information on investing and growing wealth- Want to understand options for retirement planning- Looking for strategies to increase income or start a side hustle- Need guidance on managing student loans- Seeking to understand and use financial technology tools effectively- Need help crafting a compelling resume and cover letter- Seeking strategies to ace job interviews- Want guidance on choosing or changing career paths- Looking for help in identifying and addressing skill gaps- Need assistance in developing a strong personal brand- Seeking advice on effective networking in your industry- Want to improve workplace communication skills- Looking for guidance on salary negotiation tactics- Need help transitioning to a new career or industry- Seeking strategies for successful remote work adaptation	Abuser drained bank account, evicted with kids, can't afford lawyer, paycheck stolen, ruined credit from abuse, medical debt from rape, welfare cut off, homeless after divorce, child support jail time, ID stolen, denied again, SSI lost gambling, car repo'd after job loss, addicted to shopping, gambling debt suicide, loan shark threats, elderly scammed online, GoFundMe for funeral, overdraft fees killing me, stolen inheritance, panhandling tips	CaIWorKs assistance, EBT/SNAP maximization, medical debt forgiveness, credit score repair for low income, paycheck budgeting systems, predatory loan prevention, eviction fundraisers, child support modification, lien removal support, IDA individual, IDA individual, Development Account) enrollment, wage garnishment defense, bankruptcy alternatives, public benefits optimization, stolen identity recovery, retirement planning for poor, rent deposit assistance, food stamp renewal help, tax credit claims assistance, emergency fund building guides.	<ul style="list-style-type: none">- A Financial Fire Drill plan (evictions, repossession defense)- "A-Side Hustle" idea bank matched to your skills- Credit-building hacks (secured cards, rent reporting)	https://www.helpishope.org/service-page/money-matters-financial-focus-1	30 Minutes	https://docs.google.com/document/d/1NcVieGBzA8OPX5tVxbecScA9eAG7RS5mY745yFKJnU/edit?tab=t12im0srsk4fd	https://docs.google.com/document/d/1CnI9sDwcQwU6Uw_2OY5kxbPvH7SzcvFIUzIqYn4/edit?tab=t12im0srsk4fd	
		Personalized guidance for resume building, interview preparation, and job market navigation. Helps individuals enhance their employability and align skills with competitive job opportunities.	Resume building, interview preparation strategies, job application templates, LinkedIn profile optimization, transferable skill identification, salary negotiation tactics, workplace etiquette training, career assessment tools, industry-specific job boards, vocational rehabilitation referrals, apprenticeship program navigation, soft skill development, employment gap explanations, career pivot roadmaps, professional reference building, mock interview simulations, disability accommodation requests, remote work readiness, union membership guidance, green job training	<ul style="list-style-type: none">- Need help creating a realistic and sustainable budget- Seeking strategies to pay off debt effectively- Want to understand and improve credit score- Looking for guidance on starting an emergency fund- Need help setting and achieving financial goals- Seeking basic information on investing and growing wealth- Want to understand options for retirement planning- Looking for strategies to increase income or start a side hustle- Need guidance on managing student loans- Seeking to understand and use financial technology tools effectively- Need help crafting a compelling resume and cover letter- Seeking strategies to ace job interviews- Want guidance on choosing or changing career paths- Looking for help in identifying and addressing skill gaps- Need assistance in developing a strong personal brand- Seeking advice on effective networking in your industry- Want to improve workplace communication skills- Looking for guidance on salary negotiation tactics- Need help transitioning to a new career or industry- Seeking strategies for successful remote work adaptation	Felon job discrimination, fired for mental illness, no skills for work too old to hire, immigrant accent mocked, trans workplace bullying, sex work resume gap, PTSD panic attacks at work, fired after rehab, illiterate job apps, panic during interviews, parole curfew conflicts, disability accommodations denied, fired for being ugly, no references abusive ex, burnout breakdown at work, fired for crying, social anxiety retail hell, fired after family leave, workplace racist boss	Resume writing for jobs, interview prep for anxiety, job gap explanation templates, LinkedIn profile optimization, vocational rehabilitation referrals, union application assistance, remote work setup help, disability workplace accommodations, gig economy scam alerts, wage negotiation tactics, side hustle ideas for low income, accent reduction classes, work wardrobe vouchers, background check mitigation, soft skill development, career pivot roadmaps, apprenticeship program navigation, green job training, unemployment filing assistance, workplace etiquette training.	ATS-Optimized Resume Templates: Algorithms to bypass automated screening systems	<ul style="list-style-type: none">- Salary Negotiation Scripts: Phrase-by-phrase guidance for advocating fair compensation- Hidden Job Market Database: Access to unadvertised roles through curated employer networks- Career Roadmap (skills gaps —> certs —> dream roles)- Negotiation scripts for salary/benefits- 30-day action plan with accountability check-ins	https://www.helpishope.org/service-page/career-job-readiness-coaching	https://docs.google.com/document/d/1NcVieGBzA8OPX5tVxbecScA9eAG7RS5mY745yFKJnU/edit?tab=t1wmu9dx04bia	45 Minutes
Education Evaluation & Information	Comprehensive skill assessments and personalized learning plans for career advancement. This session identifies individual strengths and areas for improvement, providing targeted recommendations for skill development aligned with local job market demands.	Learning disability assessments, GED preparation resources, college application assistance, financial aid navigation, adult literacy programs, ESL class referrals, vocational training matching, scholarship search strategies, credit recovery options, homeschool curriculum guidance, special education advocacy, transcript analysis services, career technical education (CTE) pathways, apprenticeship program support, digital learning tools, STEM program access, academic probation recovery, dual enrollment guidance, trade school comparisons, learning style evaluations	<ul style="list-style-type: none">- Need guidance on choosing the right educational path- Seeking information on GED preparation and testing- Want to explore vocational training or trade school options- Looking for help with college applications and admissions- Need assistance navigating financial aid and scholarship options- Seeking information on adult education or continuing education programs- Want to understand different learning styles and study techniques- Looking for guidance on online learning platforms and resources- Need help identifying skill certification programs in specific industries- Seeking information on apprenticeship opportunities	Too dumb for school, failed every class, can't read at 30, dropout shame, learning disability ignored, immigrant kid bullied, special ed reject, teachers called me stupid, prison ruined education, ADHD meds not working, dyslexia humiliation, PTSD memory gaps, anxiety during tests, expelled for fighting, homeless student problems, foster care school gaps, undocumented college blocked, illiterate parent shame, GED too hard, trauma brain fog	GED fast-track programs, adult literacy classes, learning disability assessments, immigrant education rights, prison education credits, special education advocacy, college application assistance, scholarship scam alerts, trade school comparisons, ESL classes near me, digital literacy basics, homeschool curriculum guidance, transcript analysis services, academic probation recovery, hybrid work education programs, financial aid navigation, diploma mill warnings, career technical education (CTE) pathways, school uniform assistance, foster care education gaps.	<ul style="list-style-type: none">- A Personalized Education Roadmap (next steps tailored to your goals)- A list of free/low-cost online courses and training platforms- Guidance on how to apply for scholarships or grants	https://www.helpishope.org/service-page/education-evaluation-information	45 Minutes	https://docs.google.com/document/d/1NcVieGBzA8OPX5tVxbecScA9eAG7RS5mY745yFKJnU/edit?tab=t17wfw68t1s8	https://docs.google.com/document/d/1CnI9sDwcQwU6Uw_2OY5kxbPvH7SzcvFIUzIqYn4/edit?tab=t17wfw68t1s8	https://docs.google.com/document/d/1CnI9sDwcQwU6Uw_2OY5kxbPvH7SzcvFIUzIqYn4/edit?tab=t17wfw68t1s8

Service Name	Description	Applications	Situations	Pain Point Search Phrases	Keywords	In Session Tools	Access Location	Duration	Assessment Questions	Prompts
Long & Short Term Goal Setting Session	Structured approach to defining and working towards personal and professional goals. Helps individuals set realistic objectives, create action plans, and track progress over time.	SMART goal frameworks, life vision mapping, milestone tracking systems, accountability partnership setup, priority alignment exercises, obstacle anticipation planning, resource gap identification, timeline development tools, motivational barrier analysis, progress visualization techniques, micro-goal decomposition, habit-stacking strategies, values-based decision matrices, career-path projection models, financial independence roadmaps, educational attainment timelines, skill-building prioritization, relapse prevention planning, trauma-informed goal adjustment, community support integration	<ul style="list-style-type: none"> - Need help setting clear and achievable personal goals - Want to create a long-term vision for life or career - Seeking strategies to break down large goals into manageable steps - Looking for techniques to stay motivated and accountable - Need assistance in aligning goals with personal values - Want to develop effective habits that support goal achievement - Seeking guidance on balancing multiple life goals - Need help overcoming obstacles in goal pursuit - Looking for ways to measure and celebrate progress - Want to learn how to adjust goals flexibly while maintaining commitment 	Too broke for goals, homeless and hopeless, jobless no skills, felon can't plan future, addiction ruined everything, PTSD no focus, evicted next week disability limits plans, bankrupt no recovery, immigrant no papers, overdose relapse cycle, CPS took kids forever, divorce wiped savings, chronic pain no work, illiterate can't read, parole conditions impossible, dementia planning crisis, terminal illness progress bucket list, schizophrenia derailed life, trauma brain fog	Goal setting for personal growth, SMART goals framework, life wheel assessment tool, vision board creation guide, accountability check-ins, crisis rerouting strategies, progress tracking templates, bite-sized goal planning, overcoming overwhelm with goals, micro-wins celebration, job-search roadmap, health goal breakdown, LinkedIn optimization checklist, marginalized community goal support, non-toxic productivity strategies, life detour recovery plans, rebuilding after trauma goal setting, financial independence steps, personalized goal playbook, momentum-building s.	<ul style="list-style-type: none"> - A Life Wheel Assessment (see where you're thriving vs. stuck) - SMART Goals Framework: Bite-sized steps for big dreams - Accountability check-ins (gentle nudges, not pressure) - A Vision Board Toolkit (digital or physical) - A "Progress Over Perfection" tracker - Crisis rerouting strategies for when life detours 	https://www.helpishope.org/service-page/long-short-term-goal-setting-session	45 Minutes	https://docs.google.com/document/d/1NOvieGBzA8OPXStvxbecSA9eAG7RS5mY745YFKJnUiedi7Iab-t_vin6jaq4gd45	https://docs.google.com/document/d/1_CnI9sDwcQwU6UJw_2OY5KxbPvH7S2cvFIU7ZiQoYrY4edI7Iab-t_vin6jaq4gd45
AI Education & Technology Tutoring	Introduction to AI tools and technologies for educational and career advancement. This session provides hands-on training in using AI-powered platforms, focusing on practical applications for job searching, skill development, and academic support. Participants learn prompt engineering techniques and how to leverage AI tools effectively in their daily lives and professional endeavors.	Digital literacy basics, smartphone navigation tutorials, online job application training, telehealth platform guidance, video conferencing skills, cloud storage management, cybersecurity best practices, government portal navigation (CalFresh/Medi-Cal), assistive technology training, AI tool s (Chat GPT/Mid Journey), e-learning platform orientation, virtual interview prep tools, online banking safety, social media literacy, resume-building software training, privacy protection protocols, remote work software skills, digital wallet setup, educational app navigation, tech troubleshooting fundamentals	<ul style="list-style-type: none"> - Need help understanding basic computer or smartphone operations - Want to learn about AI and its applications in everyday life - Seeking guidance on online safety and protecting personal information - Looking to improve digital communication skills (email, video calls) - Need assistance in navigating social media platforms effectively - Want to explore coding or basic web development - Seeking to understand emerging technologies like blockchain or IoT - Need help with digital accessibility features for disabilities - Looking to enhance productivity through technology tools - Want to stay informed about the latest technology trends 	Tech illiterate old, smartphone too confusing, job apps impossible, scammed online again, Facebook hacked ex, email password lost, too poor for Wi-Fi, disability can't type, paranoid about tracking, parole ankle monitor tech, porn addiction phone, sexting leaked nudes, cyberbullied into suicide, dark web dangers, Zoom panic attacks, hacked by abuser, stolen identity online, sex blackmail fears, TikTok ruined my life, AI replacing my job	Smartphone basics for seniors, AI resume builder tutorial, telehealth setup assistance, Zoom meeting navigation, online banking safety tips, social media privacy settings, digital literacy for low income, free tech tutorials, avoiding online scams, parental control setup, Gmail/email management, cloud storage organization, AI budgeting tools, digital survival checklist, fake news detection, tech tutoring for marginalized groups, assistive technology training, remote work software skills, AI health fears, TikTok ruined my life, AI replacing my job	<ul style="list-style-type: none"> - Smartphone basics (apps, security, parental controls) - Smart Home Devices, Internet Education, or whatever you need strengthened - AI tools for resumes, budgeting, or health tracking - Digital Literacy at your pace.: - A Digital Survival Checklist (avoid scams, spot fake news) - Cheat sheets for Gmail, Zoom, and telehealth platforms - Free resource list for continued learning 	https://www.helpishope.org/service-page/ai-education-technology-tutoring	60 Minutes	https://docs.google.com/document/d/1NOvieGBzA8OPXStvxbecSA9eAG7RS5mY745YFKJnUiedi7Iab-t_celloqym5zt	https://docs.google.com/document/d/1_CnI9sDwcQwU6UJw_2OY5KxbPvH7S2cvFIU7ZiQoYrY4edI7Iab-t_celloqym5zt
Life Skills & Personal Management	Training session focused on essential life skills to improve personal and professional functioning. May cover topics such as time management, decision-making, and personal organization to enhance overall quality of life.	Budgeting for tight incomes, time management frameworks, meal prep strategies, basic home repair skills, conflict resolution techniques, public transportation navigation, grocery shopping optimization, laundry/stain removal hacks, appointment scheduling systems, email etiquette training, boundary-setting practices, crisis prioritization methods, ID/document organization, stress-reduction habit stacking, clutter management systems, task delegation strategies, emergency preparedness planning, self-advocacy scripting, routine-building templates, energy conservation tactics	<ul style="list-style-type: none"> - Need help with time management and organization - Want to improve decision-making skills - Seeking guidance on establishing self-care routines - Need assistance with basic home maintenance tasks - Looking to enhance interpersonal communication skills - Want to develop better stress management techniques - Need help with meal planning and preparation - Seeking to improve financial literacy and budgeting - Want to enhance problem-solving and conflict resolution skills - Looking to develop better work-life balance strategies 	Can't adult, failing at laundry, roach-infested apartment, smell like garbage, burnt every meal, late on bills again, panic at grocery stores, hoarding trash, no driver's license at 40, arrested for public pee, mom still bathes me, arrested for tantrums, CPS says filthy home, bedbug infestation shame, ice outbreak humiliation, rotting teeth breath, body odor unemployment, pissing bed at 30, clueless about money, failed at parenting	Budgeting hacks for low income, debt negotiation scripts, time management for ADHD, boundary-setting templates, conflict resolution strategies, meal planning on EBT, basic home repair guides, organizing chaotic spaces, crisis cheat sheets, communication skills for shy individuals, laundry hacks for busy schedules, savings strategies for low income, free tech tutorials, without money, self-advocacy for marginalized folks, negotiating bills with companies, meal prep for single parents, life skills playbook download, AI life coaching tools, renter rights education, overcoming systemic gaps in adulthood.	<ul style="list-style-type: none"> - Money Mastery: Bill negotiation scripts + savings sprint trackers - Time Alchemy: Overwhelm-proof prioritization frameworks - Home Hacks: Meal planning blueprints + basic repair video tutorials - Crisis Cheat Sheet: Step-by-step protocols for common emergencies - 24/7 LifeBot access for real-time skill-building guidance - Personalized checklists for incremental independence milestones 	https://www.helpishope.org/service-page/life-skills-personal-management	60 Minutes	https://docs.google.com/document/d/1NOvieGBzA8OPXStvxbecSA9eAG7RS5mY745YFKJnUiedi7Iab-t_qc38b6jc3wxs	https://docs.google.com/document/d/1_CnI9sDwcQwU6UJw_2OY5KxbPvH7S2cvFIU7ZiQoYrY4edI7Iab-t_qc38b6jc3wxs
Client Care Coordination & Management	Centralized case management system designed to streamline access to multiple services and support sessions. Coordinates care across various agencies and providers, ensuring a cohesive approach to addressing client needs.	Multi-agency case conferencing, service gap analysis, benefit coordination systems, care transition planning, provider communication protocols, medication reconciliation support, transportation logistics coordination, appointment reminder systems, treatment adherence strategies, insurance prior authorization assistance, medical record synchronization, crisis intervention routing, cultural brokerage services, telehealth appointment scheduling, durable medical equipment coordination, palliative care navigation, mental health parity advocacy, language interpretation coordination, caregiver respite planning, end-of-life directive guidance	<ul style="list-style-type: none"> - Overwhelmed by managing multiple providers - Need help organizing records and appointments - Struggling to coordinate care for a family member - Want to streamline communication between doctors, specialists, therapists, social workers, resource manager - Need assistance with appointment reminders - Seeking help navigating insurance approvals and referrals - Looking for crisis management plans for chronic conditions - Want to create a centralized care calendar for care teams - Need guidance on transitioning between care settings (hospital to home) - Seeking tools to manage caregiver responsibilities alongside work/life 	Abusive spouse, kicked out by family, sibling violence, toxic parents, custody battle hell, CPS took my kids, disowned by parents, incest survivor, family stole my money, alcoholic dad rage, domestic violence escape, parent pimping me, family pimped me out, hate my siblings, forced to forgive abuser, revenge on ex-family, homeless after divorce, kids hate me, restraining order against mom, dad threatened to kill me	Medical paperwork organization, hospital discharge planning, caregiver burnout support, hospice navigation assistance, durable medical equipment access, language interpreter coordination, palliative care scams avoidance, funeral prep guidance, medical record synchronization, insurance prior authorization help, medication reconciliation support, crisis intervention routing, caregiver respite resources, end-of-life directive assistance, medical identity theft prevention, senior care coordination, disability rights advocacy, health care proxy setup, medical transportation scheduling, chronic illness management plans.	<ul style="list-style-type: none"> - Centralized appointment tracking system with automated reminders - Cross-agency communication templates for seamless collaboration - Progress dashboards visualizing stability metric improvements - Trauma-informed needs assessments identifying systemic barriers - Long-term resilience roadmaps with quarterly outcome reviews 	https://www.helpishope.org/service-page/client-care-coordination-management	30 Minutes	https://docs.google.com/document/d/1NOvieGBzA8OPXStvxbecSA9eAG7RS5mY745YFKJnUiedi7Iab-t_y3ss9p1s809	https://docs.google.com/document/d/1_CnI9sDwcQwU6UJw_2OY5KxbPvH7S2cvFIU7ZiQoYrY4edI7Iab-t_y3ss9p1s809
Resource & Referrals Matching	Personalized session connecting clients to appropriate local services and support sessions. Helps individuals navigate available resources to meet their specific needs efficiently.	Community resource navigation, local resource matching/mapping, nonprofit partnership access, crisis service coordination, shelter-to-services bridging, eligibility screening tools, culturally relevant referrals, veteran-specific resources, LGBTQ+ affirming providers, disability-friendly organizations, language-specific support networks, faith-based assistance options, undocumented immigrant services, reentry program connections, senior care coordination, youth mentorship matching, domestic violence shelters, free clinic referrals, utility assistance programs, food bank partnerships	<ul style="list-style-type: none"> - Need immediate access to emergency food or shelter - Looking for culturally specific mental health providers - Seeking addiction recovery programs tailored to underserved populations - Want to connect with local job training initiatives - Need guidance accessing veteran-specific benefits - Searching for disability-friendly housing options - Looking for free/low-cost legal aid for eviction prevention - Want to find peer support groups for rare medical conditions - Need help identifying senior transportation services - Seeking disaster relief resources after home loss 	No food stamps office nearby, homeless with HIV, DV shelter full, free rehab waitlist years, undocumented and starving, sex work for meds, felon food stamps denied, no ID for help, disabled and evicted, CPS took my kids, immigrant scared to ask, parolee housing impossible, no Spanish services here, refugee benefits denied, trans shelter unsafe, addicts not allowed, mental ward dumped me, elderly abandoned, veteran benefits screwed up	Free food pantries near me, CalFresh application help, emergency food stamps, food bank locations, WIC enrollment for low income, meal programs for families, expired food access, SNAP benefits eligibility, community food distribution, grocery vouchers for needy.	<ul style="list-style-type: none"> - A customized list of vetted local/national programs - Eligibility hacks for "hard-to-get" services - Direct links to orgs that answer calls - A Master Resource Map (filtered by your needs) - Email/phone scripts to fast-track applications - A follow-up plan to tackle one item at a time 	https://www.helpishope.org/service-page/resource-referrals-matching	30 Minutes	https://docs.google.com/document/d/1NOvieGBzA8OPXStvxbecSA9eAG7RS5mY745YFKJnUiedi7Iab-t_vc2en2yccxodtheadng=h_vasmmawqyeng	https://docs.google.com/document/d/1_CnI9sDwcQwU6UJw_2OY5KxbPvH7S2cvFIU7ZiQoYrY4edI7Iab-t_vc2en2yccxod

Service Name	Description	Applications	Situations	Pain Point Search Phrases	Keywords	In Session Tools	Access Location	Duration	Assessment Questions	Prompts
Applications & Paperwork Assistance	Practical support session helping individuals complete and submit various applications and official documents. May include guidance on form-filing, document organization, and understanding application processes.	Benefits application walkthroughs, government form completion, SNAP/Medi-Cal enrollment help, disability paperwork guidance, housing voucher applications, appeal letter drafting, immigration document support, job application troubleshooting, school enrollment forms, medical record requests, expungement petition filing, unemployment claim assistance, SSI/SSDI application prep, appeal deadline tracking, notary service access, affidavit creation support, grant proposal drafting, rental assistance forms, public defender requests, court document organization	<ul style="list-style-type: none"> - Confused by medical/dental insurance enrollment forms (Medi-Cal, Denti-Cal) - Need help appealing a denied SNAP/TANF application - Overwhelmed by immigration paperwork requirements - Want to submit error-free disability accommodation requests - Struggling with online job application portals - Need assistance completing complex tax forms - Looking for guidance on college FAFSA applications - Want help understanding lease agreements or rental paperwork - Need support filing for unemployment benefits - Seeking translation of legal documents into plain language 	Too dumb for forms, disability application rejected again, SSI denied me, can't read legal jargon, eviction notice tomorrow, immigration papers lost, custody battle paperwork hell, bankruptcy filing mistakes, scared of government, welfare office closed, food stamps cut off, Medicaid pending forever, parole documents messed up, scared to sign anything, illiterate and desperate, fax machine bullshit, notary costs too much, deadname on IDs, warrants preventing help	SNAP benefits application help, eviction notice response templates, immigration paperwork assistance, disability appeals process, SSI/SSDI application guides, bankruptcy filing for low income, expungement petition resources, rental assistance forms, deadname legal name change process, restraining order filing steps, parole violation prevention paperwork, public defender request letters, medical debt forgiveness applications, Medi-Cal enrollment support, child custody modification forms, notary service referrals, background check error disputes, small claims court preparation, fair housing act violation reports, wage theft recovery documentation	<ul style="list-style-type: none"> - Housing vouchers, SNAP, disability claims - Immigration forms, college FAFSA, job apps - Appeals for denied benefits (template letters ready!) - A Form Decoder App (breaks down things in plain english) - Error-spotting hacks to avoid rejection limbo - A deadline tracker with reminder alerts 	https://www.helpishope.org/service-page/applications-paperwork-assistance	30 Minutes	https://docs.google.com/document/d/1NCvieGBzrA8cPXStvabeSCA9eAG7RS5mY745yFKLJnU/edit?tab=t.63k68alltr29	https://docs.google.com/document/d/1_Cn9sDwcQwW8UJw_2OYStxbPvht7S2cyFjUfZtQcYry4/edit?tab=t.63k68alltr29