

## Resources

You don't have to do this alone. This section is filled with support - from trusted organizations and hotlines to caregiver tips and helpful tools. Whether you need financial assistance, emotional support, transportation help, or just someone who gets it, these resources are here to guide you, lift you up, and remind you that help is always within reach.

Keep these pages handy and add to them over time. You never know when a name, number, or website might make a big difference - for you or another Warrior.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. At the bottom of the page, there is a decorative border composed of a repeating pattern of small, light gray geometric shapes, specifically hexagons and squares, arranged in a staggered fashion. The overall appearance is that of a clean, unused piece of stationery or a template for a document.