

Sources by Fact

Things I Want You to Know: A Journal of Stories, Wishes, and Words for Your Family. Book 5 of The Sitting Room Series.

This list matches each fact in the book to its sources, chapter by chapter. The book itself lists each source once, with the chapters that use it. Websites were checked in October 2026. Pages move and change, so search for the title if a web address no longer works.

1. Who This Journal Is For and How to Use It

Free civil legal aid for people with low incomes through the Legal Services Corporation, and legal help listings at lawhelp.org

Legal Services Corporation. "Get Legal Help" and "What Is Civil Legal Aid?" lsc.gov

Pro Bono Net. LawHelp.org. lawhelp.org

Elder law attorneys listed by ZIP code

National Academy of Elder Law Attorneys. "Find a Lawyer." naela.org/findlawyer

Where to Get Help

Eldercare Locator number and hours

Eldercare Locator, U.S. Administration for Community Living. "Contact Information."

eldercare.acl.gov/Public/About/Contact_Info/Index.aspx

Eldercare Locator, U.S. Administration for Community Living. "About." eldercare.acl.gov/Public/About/Index.aspx

988 by call, text, or chat

988 Suicide and Crisis Lifeline. "Get Help."

988lifeline.org/get-help

Substance Abuse and Mental Health Services Administration.

"Crisis Help." Updated June 3, 2026.

samhsa.gov/find-support/in-crisis

Free civil legal aid and elder law attorney listings

Legal Services Corporation. "Get Legal Help" and "What Is Civil Legal Aid?" lsc.gov

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National Academy of Elder Law Attorneys. "Find a Lawyer."
naela.org/findlawyer