



FREE RESOURCE

GUIDE for Trauma Assistance

Welcome.

Congratulations... you have just done something for yourself that untold numbers of people in this world never do.

You opted to put your own mask on first.

If you're anything like the 46 million (documented) people suffering the emotional, physical, and spiritual fall-out from traumatic experiences, it might feel like everywhere you turn...

You hit a wall.

And you're just bouncing back and forth in a corridor of your mind, spinning and dizzying yourself without seeing any results.

But recent developments in trauma research have clarified once and for all that that's not your fault – it's not because you lack the “will power” or “drive” to heal.

You're struggling because of a complex convergence of factors, including but not limited to:

- Limited access to compassionate and cutting-edge healthcare
- Inflammation in the body that keeps the nervous system in overdrive
- Survival mechanism patterns that become deeply-carved neural pathways that frustrate the process of changing behavior
- Trauma trapped places where it doesn't belong – the limbic system, our cells, our muscle tissues, etc.
- And many more.

In the “Trauma” series that you're going to watch, all of those compounding and underlying issues and more will be teased out of their stigmatized hiding places

and explained through stories told by professional healers, doctors, scientists, and psychologists who have walked through hell and come out on the other side.

They're going to use the vehicles of their experiences to impart wisdom and insight, and detail all of the pathways to healing that have stayed undiscovered while our society has tried to deny the far-reaching impacts of trauma – emotional, physical, and societal.

Watching these episodes may bring up some difficult feelings or memories...

That's perfectly natural.

I want you to try something...

Instead of punishing yourself for having feelings, or for reacting to something you thought you should be over, or for living the experience of your trauma over again...

I want you to practice radical kindness towards yourself instead.

Let yourself sit in those feelings. Cry, if that's what feels natural and right for you. Rest. Practice some deep breathing. Give yourself a break to experience whatever comes up.

And if you find that you need a little extra support to work through reopened wounds or pain that's too intense, there's no shame in that at all!

Asking for help when you need it is one of the strongest things you can do.

In this booklet, you'll find some completely free resources to reach out to.

Make use of them! That's what they're there for.

Apps

ACT Coach

The app virtually guides people through awareness exercises and gives tips on how to ditch self-doubt. With an extra focus on mindfulness, this app also provides a log to track your progress.

AETAS

Designed by therapist Rosemary Sword, this app offers mind-balancing exercises to help you relax, focus, and develop a sense of well-being.

The app offers meditations, guided visualization exercises, and a self-discovery quiz. The approach is based on Time Perspective Therapy, a method to curb unhelpful or obsessive thoughts. The app offers information and research on this approach.

Breathe2Relax

Breathe2Relax is a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing. Breathing exercises have been documented to decrease the body's 'fight-or-flight' (stress) response, and help with mood stabilization, anger control, and anxiety management. Breathe2Relax can be used as a stand-alone stress reduction tool, or can be used in tandem with clinical care directed by a healthcare worker.

Depression CBT Self-Help Guide

The natural management of depression involves understanding depression and the factors that contribute to the symptoms. Learning to manage stress in your life and engage in self-care behaviors can improve your symptoms and your mood. This app contains a depression severity test, audios, articles, a cognitive diary, and a motivational points system that help you learn how to do this.

7Cups

Feeling stressed, anxious, or depressed? Having relationship problems? Sometimes you need to vent. Finding and scheduling a therapist can be time-consuming and expensive, and you can't always open up to friends, family, or coworkers. Now you can get emotional support anytime, anywhere with 7 Cups. This app gives you the help you need, fast and free, in a way that fits your life.

- Connect anytime, anywhere with listeners who care
- Speak your mind without any fear of being judged
- All listeners trained in active listening

Mindshift

MindShift CBT, the free anxiety relief app, comes with a clean and user-friendly design that allows you to learn and practice CBT strategies in an easy and intuitive way. They have specifically designed the app to be your free and portable go-to tool for anxiety management.

Learn about the different CBT strategies, including writing thought journals, challenging yourself with belief experiments, building fear ladders, and doing comfort zone challenges. Listen to calming audio to reframe your thoughts, practice mindfulness, and stay grounded. All of the exercises are presented in small chunks with plenty of supporting information to help you naturally integrate these strategies with the rest of your life.

Operation Reach Out

Military Community Awareness - introduces OPERATION REACH OUT, a smartphone app aimed at preventing suicide among military personnel and veterans. Developed by a team of suicide prevention experts, under the supervision of the primary author, Lawrence Shapiro, Ph.D., the app is available free.

OPERATION REACH OUT is designed to:

- Encourage people to reach out for help when they are having suicidal thoughts.
- Help those who are concerned about family members, spouses, or fellow service members who may be suicidal.
- Provide a personal contact help center.
- Provide activities to help people who are depressed stay connected to others.

PTSD Coach

PTSD Coach was designed for those who have, or may have, posttraumatic stress disorder (PTSD). This app provides you with education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help you manage the stresses of daily life with PTSD. Tools range from relaxation skills and positive self-talk to anger management and other common self-help strategies. You can customize tools based on your preferences and can integrate your own contacts, photos, and music. This app can be used by people who are in treatment as well as those who are not.

Stop, Breathe, Think!

Learn to meditate and be more mindful with MyLife Meditation, formerly known as Stop, Breathe & Think. MyLife Meditation is an award winning meditation and mindfulness app personalized to how you feel. It helps you maintain perspective so you can get to a better place, in just a few minutes a day.

Check in with how you're feeling and try short guided meditations and mindfulness activities, tuned to your emotions.

Hotlines

Substance Abuse and Mental Health Services Administration Hotline (SAMHSA): 1-800-662-HELP (4357)

SAMHSA's National Helpline (also known as the Treatment Referral Routing Service) is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.

They also have a disaster helpline...

The Disaster Distress Helpline, **1-800-985-5990**, is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. **Call 1-800-985-5990** or text **TalkWithUs to 66746** to connect with a trained crisis counselor.

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

Trained crisis workers are available to talk 24 hours a day, 7 days a week. Your confidential and toll-free call goes to the nearest crisis center in the Lifeline national network. These centers provide crisis counseling and mental health referrals.

Crisis Text Line: Text HOME to 741741 in the US and Canada, 85258 in the UK, or 50808 in Ireland.

Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

National Alliance on Mental Health HelpLine: 1-800-950-NAMI (6264)

Monday through Friday, 10 am–6 pm, ET.

The NAMI HelpLine is a free, nationwide peer-support service providing information, resource referrals and support to people living with mental health conditions, their family members and caregivers, mental health providers and the public. HelpLine staff and volunteers are experienced, well-trained and able to provide guidance.

Institute on Aging’s Friendship Line: 1-800-971-0016

The Friendship Line is both a crisis intervention hotline and a warmline for non-emergency emotional support calls. Founded in 1973 by Dr. Patrick Arbore, Director of IOA’s Center for Elderly Suicide Prevention, and accredited by the American Association of Suicidology, Friendship Line provides round-the-clock crisis support services including:

- Providing emotional support
- Elder abuse reporting
- Well-being checks
- Grief support through assistance and reassurance
- Active suicide intervention
- Information and referrals for isolated older adults, and adults living with disabilities

In addition to receiving incoming calls, Friendship Line also offers outreach to eligible callers. We connect with people on a regular basis, and help monitor their physical and mental health concerns. The call-out services act as an intervention to prevent suicide in the long term by improving the quality of life and connectedness

of isolated callers. Any aging adult or person living with disabilities, who suffers from depression, loneliness, isolation, anxiousness, or may be thinking about death or suicide, can benefit from completely confidential phone calls with Friendship Line volunteers.

LGBT National Help Center General (888-843-4564), Youth (800-246-7743), and Senior (888-234-7243)

Services provided are always free & confidential. We are the only LGBT organization that offers national support, resources, and information directly. All calls and online services are provided by highly trained LGBTQ volunteers. Calls are never out sourced or answered by other affiliated organizations.

National Eating Disorders Association: 800-931-2237, call or text

Monday - Thursday 11 am-9 pm EST, Friday 11 am-5 pm EST

Contact the Helpline for support, resources, and treatment options for yourself or a loved one. Helpline volunteers are trained to help you find the information and support you are looking for. Reach out today!

Veterans Crisis Line: 1-800-273-8255, 365/24

Connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Many of them are Veterans themselves. A trained responder will answer your call, text, or chat and ask you a few questions. You can decide how much you want to share.

National Association of Anorexia Nervosa and Associated Disorders: (630)-577-1330

Monday to Friday, 9 am-9 pm CST

ANAD strives to let callers know that we are here for them and here to provide

resources for further support. People call the Helpline for any of the following reasons:

- For referrals to treatment options
- If a caller is concerned that they may have an eating disorder
- For encouragement and support
- To discuss worries about friends or loved ones
- Questions about eating disorders in general

ANAD's Helpline is operated by trained volunteers who are here to connect you to resources and provide general support.

Samaritans 24-Hour Crisis Hotline: (212) 673-3000

With the goal of helping people in distress and preventing suicide, Samaritans free, confidential, 24-hour emotional support and crisis response hotline service is available on an immediate and ongoing basis to help people who are dealing with every kind of problem, illness, trauma or loss as they try to cope with their difficulties.

The hotline provides those in crisis (as well as the people who care for them) with a 24-hour safety net that can be used to fill-in service gaps, bridge between appointments and act as a source of ongoing emotional maintenance for those with chronic emotional issues.

The Trevor Lifeline: 1-866-488-7386

Founded in 1998 by the creators of the Academy Award®-winning short film TREVOR, The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.

If you are thinking about suicide and in need of immediate support, please call the TrevorLifeline.