

Healing Resources for Historical and Intergenerational Trauma

Are you experiencing traumatic stress, panic, anxiety, depression, or hopelessness? **You are not alone and help is available!** This Resource List includes resources for immediate support as well as long-term care.

Resources that allow to speak with someone NOW:

All of these resources are free, confidential, and available 24/7.

- ✦ National Suicide Prevention Lifeline | 1-800-273-TALK (8255) | Support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals
- ✦ Crisis Text Line | Text HOME to 741741 | Text with a Crisis Counselor, a real human trained to bring texters from a hot moment to a cool calm through active listening and collaborative problem solving.
- ✦ Veterans Suicide Prevention Hotline | 1-800-273-TALK (8255), Veterans Press 1 | Text 838255 | Chat online at: <https://www.veteranscrisisline.net> | Connect with caring, qualified responders with the Department of Veterans Affairs.
- ✦ Substance Abuse and Mental Health Services Administration National Helpline | 1-800-662-HELP (4357) | For individuals and families facing mental and/or substance use disorders.
- ✦ National Sexual Assault Hotline | 1-800-656-HOPE (4673) | You will be connected with a trained staff member from a sexual assault provider near you.
- ✦ Domestic Violence Hotline | 1-800-799-SAFE (7233) | Chat online at: www.thehotline.org | For anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship.

Resources for finding long-term support:

- ✦ The International Society for Traumatic Stress Studies has a “Find a Clinician Directory” that allows you to search mental health care providers based on their specialties and location. The full list is available here: <http://www.istss.org/find-a-clinician.aspx>. Therapists who specialize in work with “minorities” and genocide include:

- Erin Aronson, PsyD | 19 Court Street, Montpelier, VT 05602
- Dr. David Baskin | 240 West End Ave, Suite 1A, New York, NY 10023
- Janet Brodsky, LICSW | 2120 State Avenue NE, Suite 220, Olympia, WA 98506
- Dr. Beverly Dexter, PhD | 14233 Coeur D Alene Ct, Valley Canter CA 92082
- Craig Haen, PhD, RDT, CGP, LCAT | 510 North Broadway, White Plains, NY 10606
- Dr. Heather Holt, PhD, LP | 825 Nicollet Mall, Suite 300, Minneapolis, MN 55402
- Dr. Geraldine Mapel, PhD | 302 5th Ave Fl 8, New York, NY 10001
- Prof. Elana Newman, PhD | University of Tulsa, Tulsa, OK
- Rebecca Ohler | 101 SW Main St Suite 1700, Portland, OR
- Charles Portney, MD | 2336 Santa Monica Blvd #100, Santa Monica, CA 90404
- Dr. Irene Powch, PhD | Portland, OR
- Paulette Sewell-Reid | 10 Mazzeo Drive Suite 214, Randolph, MA 02368

- ✦ The Minnesota Trauma Project has a list of therapists who have completed advanced training in at least one model of trauma treatment. The full list, including care provider bios, can be found here: <https://www.mntraumaproject.org/mn-trauma-therapist-directory> Therapists who specialize in work with Native American communities include:

- Jay Hunter, MA, LMFT (Muskogee Creek) | 651-269-0485 | www.soaringeagletherapy.com | 241 Cleveland Ave S, Suite B-5, Saint Paul, MN 55105

Therapists who specialize in historical trauma/racial trauma include:

- Theresa J. Crawford, LMFT | 612-298-1835 | www.crawfordtherapy.com | Minneapolis and Bloomington locations

- ✦ The Sidran Institute for Traumatic Stress, Education, and Advocacy Help Desk is a confidential resource that helps connect you with a specialized trauma center near you based

on your needs. It is not a help desk and does not provide direct counseling. | 410-825-8888
Ext. 102 | Email tripnsu@nova.edu |

- ✦ The Association for Behavioral and Cognitive Therapies has a “Find a Therapist Directory” that allows you to search within providers who use behavioral and cognitive therapies. The full list is available here and is searchable by location: <http://www.findcbt.org/xFAT/index.cfm>.

- ✦ The Anxiety and Depression Association of American has a “Find a Therapist Directory” that allows you to search within providers that specialize in anxiety, depression, OCD, PTSD, and related disorders. The full list is available here and is searchable by location: <https://members.adaa.org/page/FATMain>.