



**The National Native American
Boarding School Healing Coalition**

Resource List for Trauma Responses

If you are experiencing any traumatic stress, panic, anxiety, depression, or hopelessness, **you are not alone, and help is available!**

You can call **1-800-273-TALK (8255)** to speak with a crisis counselor NOW.

Below, you'll find two **grounding breathing exercises** that can help take you out of "fight/flight" mode, as well as more crisis resources that allow you to speak with someone now.

On the following page, you'll find more long-term resources and strategies for self-care. While trauma has profoundly impacted our lives and families, we also know that these impacts CAN be reversed through trauma-informed support and care.

GROUNDING BREATHING EXERCISES TO TAKE YOU OUT OF "FIGHT/FLIGHT" MODE:

- 1) Relax your left hand in your lap and bring your right hand to your face. Place your ring finger on your left nostril and your thumb on the right. Close your right nostril and inhale through your left, then close both nostrils and hold your breath for a few seconds. Release your thumb and exhale through your right side, keeping your hand in front of your face. Begin again, inhaling through your right nostril, closing both nostrils, and exhaling through your left. Follow this cycle until you feel calmer and more relaxed.
- 2) As a grounding exercise to bring yourself out of an anxiety or panic attack, try naming 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste. Breathe deeply, and take in your surroundings, reminding yourself that you are in a safe space.

RESOURCES THAT ALLOW YOU 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



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- **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 or historical/racial trauma include:
 - Jay Hunter, MA, LMFT (Muskogee Creek) | 651-269-0485 | www.soaringeagletherapy.com | 241 Cleveland Ave S, Suite B-5, Saint Paul, MN 55105
 - 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.



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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 America** 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>.

Strategies for Self-Care

Everyone responds differently to being triggered and prefers different types of self-care. Here are some ideas to try if you’re feeling anxious, stressed, depressed, panicked, or triggered in any way. Try to do one thing from each quadrant to take care of each aspect of yourself mentally, physically, emotionally, and spiritually.

