



Naomi Ruth Cohen

Institute for Mental Health Education
at The Chicago School of Professional Psychology

Welcome to the 21st Annual Community Mental Health Conference, we're so happy you can be here!

We are honored to have the participation of Dr. Michael Horowitz, Dr. Orson Morrison, Dr. Paula Young, and Ms. Gabriela Diaz. We also extend our thanks to the incredible breakout session presenters. All our panelists and presenters are from Evanston and the Chicagoland area.

This conference is the product of many wonderful people to whom we owe our thanks. Special thanks to our host, Evanston Township High School. We are grateful to The Chicago School, Tracy Levine, the Institute's Executive Director, and to our wonderful conference planning committee and volunteers that make this special day a reality. We also want to express our appreciation for the individuals and organizations who contribute the necessary sponsorship funds to make the conference a success.

A word about logistics. The panel presentation will take place in the Auditorium from 9:30am to 11:15am. If you have a question for the panel, you may write it on the enclosed index card and hand it to a volunteer or submit it electronically via the online form using Slido (see Conference Schedule). After the panel, you will have a brief break before round one of the breakout sessions begins at 11:30am. At 12:30pm please proceed to East Cafeteria (E120) for lunch and another opportunity to visit the exhibit hall. Round two of the breakout sessions starts at 1:15pm, and round three at 2:30pm. Your selected sessions and lunch order are on the back of your name tag.

Please complete your post session/post conference evaluations. Your feedback will help us determine the content of future conferences and improve the conference format and presentations. We also need your support. All contributions to the Institute are tax-deductible and used only for programming. We want to continue to present our community conferences at a nominal cost and provide mental health education throughout the Chicagoland area. We also want to continue our other efforts to combat the stigma associated with mental illness and suicide. Donation envelopes are available and a QR code can be found inside your conference notebook.

Mark your calendars. Our 22nd Annual Community Mental Health Conference is tentatively scheduled for Saturday, June 8, 2024.

Finally, please visit our website to learn more about the great work the Institute is doing in the community as well as current mental health education offerings: www.naomicoheninstitute.org.

Thank you for attending the conference!

Marilyn and Larry Cohen
Founders



Conference Schedule

8:30am – 9:30am Check-In/Breakfast/Exhibit Hall

9:30am – 11:15am Panel Presentation (Auditorium)

We will be using Slido for audience interaction and our question-and-answer period. You may write questions on the card inside your program folder and hand it to a volunteer or submit electronically via Slido on your smartphone or other device. (Wi-Fi access: ETHS_Guest, no password required)

To access Slido go to www.slido.com or scan the QR code below or on the auditorium screen.

Use event #5219751, Passcode: NRCI

Joining as a participant?

5219751



11:15am – 11:30am Break

11:30am – 12:30pm Breakout Session 1

12:30pm – 1:15pm Lunch/Exhibit Hall Open (East Cafeteria)

1:15pm – 2:15pm Breakout Session 2

2:15pm – 2:30pm Break

2:30pm – 3:30pm Breakout Session 3

3:30pm – 4:30pm Networking Reception (Welcome Center E112)

NRCI extends our thanks to the following for their support:

2023 Conference Committee

Larry Cohen
Marilyn Cohen
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Jill Glenn
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Nina Henry
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Tom Laue
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Mark Reinecke
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The Chicago School





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Meet the 21st Annual Conference Panel



Marilyn & Larry Cohen – Founders

<https://naomicoheninstitute.org>

Marilyn and Larry Cohen founded the Naomi Ruth Cohen Family Foundation in 2000 in honor of their daughter Naomi Ruth Cohen who died by suicide at age 33, having lived with bipolar disorder. Their mission is to reduce the stigma often associated with mental illness and suicide. In 2008, they partnered with Dr. Michael Horowitz and The Chicago School of Professional Psychology (TCSPP) to form the Naomi Ruth Cohen Institute for Mental Health Education at The Chicago School of Professional Psychology (NRCI).



Tracy Levine, MSW, LCSW – Executive Director

tlevine@thechicagoschool.edu

Tracy Levine is a Licensed Clinical Social Worker who joined NRCI in June 2021 with over 30 years of experience in behavioral health and direct services. A graduate of the University of Michigan, Tracy's passion for service and dedication to improving the lives of others is proven through years of leading programs focused on building resilience, strengthening family relationships, and supporting children, families, and emerging adults. Her previous experience includes serving in senior leadership roles at Chicago agencies providing child and family services, clinical services, and substance use disorders treatment. Additionally, Tracy served as an Assistant Professor in TCSPP's Master of Counseling Psychology Program and is a certified instructor for Mental Health First Aid (MHFA), Youth Mental Health First Aid (YMHFA), teen Mental Health First Aid (tMHFA) and Question, Persuade, Refer (QPR) suicide prevention gatekeeper trainings.



Michael Horowitz, PhD – Moderator

<https://www.tcsedsystem.edu>

As the founding president of The Community Solution Education System (TCS), Dr. Michael Horowitz has over 30 years of experience in the field of higher education. Under his leadership, TCS has grown to educate over 14,000 students annually and over 34,000 alumni. System institutions have expanded their campuses nationally while increasing their reach globally. Dr. Horowitz leads TCS and its system of nonprofit colleges and universities – TCSPP, Pacific Oaks College and Children's School, The Colleges of Law, Saybrook University, Kansas College of Osteopathic Medicine, and University of Western States – in the shared mission of preparing innovative, engaged, purposeful agents of change who serve our global community.

During his tenure as president of TCSPP from 2000-2010, Dr. Horowitz guided the institution to become a thriving graduate school on the leading edge of professional psychology. Dr. Horowitz received his Ph.D. in Clinical Psychology from Northwestern University in 1986 and B.A. in Psychology from Columbia University in 1981.



Paula Young, PhD – Panelist

<https://rogersbh.org> 224-470-9407

Dr. Paula Young is a licensed clinical psychologist and Senior Clinical Director at Rogers Behavioral Health where she oversees the training of staff and delivery of care for patients in the outpatient PHP and IOP programs. She received her Doctor of Philosophy degree in psychology from Rosalind Franklin University of Health Sciences and has received advanced training from experts in the field of Cognitive Behavior therapy at the University of Pennsylvania.

Dr. Young has been involved in NIH-funded treatment studies using Cognitive Behavioral therapy to treat depression and anxiety and has presented to numerous clinical and academic audiences across the country. She has taught the CBT courses for both Clinical Psychology and Counseling students at Northwestern University for over 15 years and has maintained a practice at The Family Institute for over 20 years. She is a diplomate of the Academy of Cognitive Therapy, and a Fellow of the Association of Behavioral and Cognitive Therapy.



Orson Morrison, PhD – Panelist

www.OakParkTherapists.com 708-386-5080

Dr. Orson Morrison is a licensed clinical psychologist, consultant, educator and the co-owner of LifeSpan Counseling & Psychological Services, a group psychological services practice. He is also the Associate Director of the DePaul University Counseling & Psychological Services. Dr. Morrison has worked in a variety of clinical settings including college counseling centers, community mental health centers, inpatient and outpatient medical settings, private practice, and in academic-clinical research units. Dr. Morrison has also taught graduate-level coursework in Psychology and offers trainings to the community on a variety of mental health topics.

Dr. Morrison's professional interests and areas of expertise include psychotherapy with children, adolescents, adults and families, racial and intergenerational trauma, psychological assessment, and contemplative practices. Dr. Morrison's approach to clinical leadership and practice is under-pinned by a commitment to social justice, multiculturalism, inclusivity, and anti-racism. He has spent his career working towards improving access to quality mental health services for all.

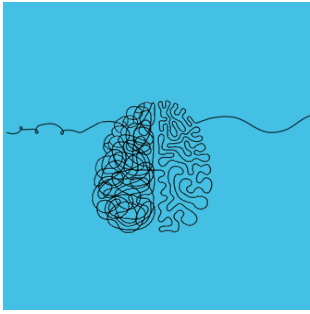


Gabriela Diaz – Panelist

<https://www.erasingthedistance.org> 312-650-9554

Gabriela Diaz is a Chicago-based actor, teaching artist, and mental health advocate. Originally from Houston, TX, Gabriela received her BFA at Webster University's Leigh Gerdine College of Fine Arts. She has collaborated with Shakespeare Festival St. Louis as a performer and teaching artist, bringing shows to schools across Missouri and Illinois. She has also had the joy of working with The Art Institute, Steppenwolf Theatre, Firebrand Theatre, Jackalope Theatre, and others.

Gabriela worked as an intake coordinator for a creative arts therapy clinic, InTouch & Motion, where she was exposed to the power of the arts in the therapeutic process. She has found a creative home in Erasing the Distance (ETD), where she gets to combine her passion for the arts and mental health. Gabriela has been working with ETD since 2018 as a teaching artist facilitating programs throughout the Chicagoland area to disarm stigma through the power of storytelling. As a person living with anxiety, Gabriela finds immense joy in sharing her own story to create space and spark dialogue about the human experience.



**Breakout Session
Presenters**



Addie Van Zwoil, MJ, LCSW
Interventions and Strategies to
Address School Anxiety &
School Refusal



Ana Belmonte, PsyD
When Stress Becomes Crisis:
Preventing Mass Violence in
America



Rabbi Andrea London
Spiritual Practices for Stress
Management



Andrea O'Morrow
Stress Less – Resilience for
Success



**Audrey Thompson, MSW,
LMSW**
Hoarding – Impact and
Interventions



**Barbara Sarasin, MSW,
CMC**
Hoarding – Impact and
Interventions



Billy Kaplan, LCSW
From PTSD to PTSR:
Traumatic Stress and the
Pandemic Generation



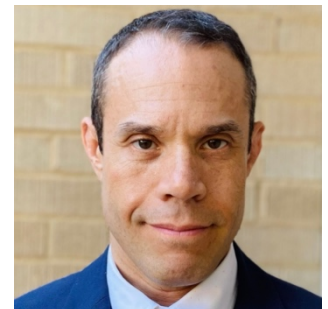
Craig Scalise
Connecting Emotional
Support Animals to the
People who Need Them



Daniel Maigler, LCSW
Connecting Emotional
Support Animals to the
People who Need Them



Ellen Blum Barish
Writing for Wellness – The
Healing Power of Personal
Narrative



**Eric J. Proescher, PsyD,
MPH**
Whole Health: A “Magick”
Informed Approach to Health
and Wellness



**Eric W. Homer, MSW,
LSW**
The Internet and the Rise of
Anxiety



Erin Tegge, AM, LSW
Substance Use as a Self-
Coping Mechanism for
Teens



Gabriela Diaz
Erasing The Distance: The
Power of Personal
Narrative



**Galina Lipkin, LCPC, MA,
NCC**
Round and Round it Goes:
Helping Parents, Caregivers,
and Therapists Break the Cycle
of Anxiety



Greta Nielson, MA, LCPC, NCC
 Managing Stress for a Healthy Family; Increasing Resiliency in our Youth



Jenny Arrington
 Updating Your Operating System: The Five Dials Approach



Jenny Merdinger
 Stress: A Gateway to Health. A Holistic Approach to Well-Being in a Stressful World



Joe Zuzich, LCSW
 Stress Less – Resilience for Success



Larry Stoler, MSSA, PhD
 Stress: A Gateway to Health. A Holistic Approach to Well-Being in a Stressful World



Maria Egan, MACAT, ATR-P
 Art & Renewal



Mike Bushman
 Finding Hope



Monica Morris, LPC
 Visual Harm Reduction: The Impact of Facility Design on Emotional Well-Being



Patti Vick, MFA
 Art & Renewal



Rob Lentz, MFA
 Art & Renewal



Roxana Villatoro, MSW
 Que Nervios: A Discussion on Anxiety and Mental Health in the Latinx Community



Sarah Tolan-Mee, RSMT
 Somatic Interventions



Serena Wadhwa, PsyD, LCPC, CADC, CCTP
 The Stress Experience: Breaking the Whole into Manageable Pieces



Susan Swanson, LCSW
 When to Worry About Anxiety in Older Adults



Sylvia Corcoran, LCSW, MCEd
 The Use of Essential Oils to Reduce Stress and Anxiety



Tom Golebiewski, PhD, LCSW
 Principles and Practices for Cultivating Emotional Balance



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Thank you to our 2023 Conference Sponsors!

PATRONS



American Foundation for Suicide Prevention

The Illinois Chapter of the American Foundation for Suicide Prevention focuses on eliminating the loss of life from suicide through education, research, outreach, and advocacy.

The grassroots work we do focuses on eliminating the loss of life from suicide by delivering innovative prevention programs, educating the public about risk factors and warning signs,

raising funds for suicide research and programs, and reaching out to those individuals who have lost someone to suicide.

As a part of AFSP's growing nationwide network of chapters, we bring together people from all backgrounds who want to prevent suicide in our communities. Families and friends who have lost someone to suicide, vulnerable individuals, mental health professionals, clergy, educators, students, community/business leaders, and many others energize our chapter.

Website: <https://afsp.org/chapter/illinois>

Phone: 312-890-2377



Yellowbrick is a nationally recognized trauma and research-informed intensive treatment center for adolescents & emerging adults ages 16-30's.

Yellowbrick: where being different makes a difference!

- Specialized expertise in treatment of emerging adults
- Brain & research-based model
- Integrates neuroscience, in-depth psychotherapies and life skills
- Senior, expert, full-time Professional Staff
- Community integrated, natural real-time setting as a living laboratory
- Demonstrated value & outcome based on changing brain functioning to transform lives
- Welcoming, personal customer service

Yellowbrick's sister company Synchrony Brain Health offers neuromodulation technologies such as dTMS, neurofeedback, DTCS, cognitive enhancement and self-regulation psychotherapies for individuals 16 and above. Synchrony is in-network with major insurers and Medicare.

Website: <https://yellowbrickprogram.com/>

Phone: 866-234-0222

TRILOGY Mental Wellbeing

Trilogy's mission is to provide comprehensive integrated care that enables people in mental health recovery to build meaningful and independent lives. We envision a society where everyone impacted by mental illness is valued, embraced, and supported holistically, systematically, and culturally; where the stigma of mental illness is eliminated; and where quality of care is not determined by socioeconomic status. For 50 years, Trilogy has provided people across Chicago and beyond with support to recover from mental illness and move toward stability. We provide our clients with an array of essential services and ongoing support so that they can live independently and thrive in our community.

Website: <https://www.trilogyinc.org/>

Phone: 773-382-4060

THRESHOLDS

HOME | HEALTH | HOPE

Thresholds is fighting to transform the lives of people living with mental illnesses and substance use disorders. We break cycles of poverty and unemployment. We are path breaking in our innovative research and advocacy.

We also make opportunities. Opportunities for housing, employment, and recovery. Opportunities for families to reconnect. Above all we make hope possible.

Website: <https://www.thresholds.org/>

Phone: 773-572-5500

erie Family Health Centers®

Erie Family Health Centers believes that healthcare is a human right. We acknowledge the deep history of systemic oppression, racism, and discrimination that plagues our communities. We recognize that these marginalized groups have long been denied access to quality healthcare, education and employment opportunities which has led to devastating health disparities. Erie is committed to confronting these inequities, challenging ourselves to work with excellence and humility, and keeping ourselves open to critical conversations that encourage learning, progress, and change. We seek an organizational culture where the dignity and worth of each of our patients, staff, learners, and community partners are honored, and value is seen in everyone's unique differences. We pledge to continually explore and advance the values of diversity, equity, inclusion and belonging across all levels of Erie Family Health Centers.

We provide high quality medical, dental, and behavioral healthcare to all, regardless of ability to pay.

Website: <https://www.riefamilyhealth.org/>

Phone: 312-666-3494

NorthShore University Health System

NorthShore University HealthSystem (NorthShore) is an integrated healthcare delivery system consistently ranked as a Top 15 Teaching Hospital in the U.S. The NorthShore system, headquartered in Evanston, Ill., includes six hospitals –

Evanston, Glenbrook, Highland Park, Northwest Community, Skokie and Swedish. NorthShore also includes a 900 physician multispecialty group practice, NorthShore Medical Group, with more than 140 locations in the Chicagoland area. NorthShore has annual revenues of \$3.2 billion and employs 17,000 people.

Website: <https://www.northshore.org/>

ADVOCATES



Ascension

If you or your child feels depressed, has overwhelming anxiety, or struggles with substance use or addiction, mental health professionals at Ascension Illinois are here to help.

Reaching out for help is an important step that takes courage when you or a loved one is struggling. With doctors and mental health specialists and more than 20 sites of care throughout the Chicagoland area, advanced behavioral and mental health care is close to home. Ascension Illinois is a leading provider of mental health services.

Our doctors are specialists, diagnosing and treating many behavioral and mental health conditions, including:

- Anxiety disorders, including post-traumatic stress disorder (PTSD)
- Behavioral disorders, including eating disorders
- Mood disorders, including depression
- Pediatric behavioral and mental health conditions
- Psychotic disorders, including schizophrenia
- Relationship stress and personality disorders
- Substance use and addiction disorders

Website: <https://healthcare.ascension.org/>

Phone: 314-733-8000



Celebrating
35
YEARS

Impact Behavioral Health Partners provides comprehensive housing, clinical, and employment services to adults living with mental illness. Founded as Housing Options for the Mentally Ill Evanston in 1988, Impact has grown from possessing one building to serving over 450 individuals throughout Chicago and its suburbs every year. Impact's vision is to close the gap in

accessibility of care for low-income and housing-insecure individuals living with mental illness, ensuring all Chicago area residents have access to the supportive services and housing they need to thrive in their communities.

Website: <https://impactbehavioral.org/>

Phone: 847-868-8664



PEER Services is a 501(c) (3) non-profit organization. Since 1975, PEER Services has provided community-based substance use prevention and treatment services to teens, adults and families in Northern Cook County, including Evanston, Maine, New Trier, Niles and Northfield Townships, and the north side of Chicago. Our treatment services are available to all Illinois

residents, and clients have come from as far as north as Zion and from Chicago's south and west sides.

PEER Services' mission is to reduce the harms of substance use, addiction and stigma by engaging youth and adults with innovative prevention programming and by supporting people on their path to recovery through holistic, evidence-based treatment. We provide affirming services to all in need, regardless of their ability to pay.

Website: <https://peerservices.org/>

Phone: 847-492-1778

Healthy Driven™

Linden Oaks

BEHAVIORAL HEALTH

Linden Oaks Behavioral Health offers behavioral and mental health services, including inpatient and outpatient treatment plus recovery programs for depression, substance abuse, eating disorders and more for adolescents, adults and seniors.

At Linden Oaks Behavioral Health, we want to help you achieve complete recovery. We blend ever-advancing psychiatric diagnostics, treatment and education within a compassionate and supportive environment.

To learn more about Linden Oaks Behavioral Health, please call 630-305-5027 or email LindenOaksmarketing@eehealth.org. Intake locations include Naperville, Plainfield, Hinsdale, St. Charles, Mokena, and Arlington Heights. For intake information or to speak with a counselor anytime call 630-305-5027, mental health specialists are available 24 hours a day, 7 days a week.

Website: <https://www.eehealth.org/patients-visitors/linden-oaks/>

Phone: 630-305-5027

Montrose

BEHAVIORAL HEALTH HOSPITAL

for children & teens

Montrose Behavioral Health Hospital is committed to providing a safe and welcoming environment for children and adolescents ages 5-17 in an inpatient setting. We understand that children who are struggling with behavioral health crises require care that can meet their unique developmental, emotional, and behavioral needs. We provide empathetic and personalized

support for children who are suffering from symptoms of various behavioral health concerns, including depression, bipolar disorder, attention-deficit/hyperactivity disorder (ADHD), oppositional defiant disorder (ODD), and psychosis.

We also offer first-class care for children who are struggling with certain co-occurring concerns including anxiety, self-harm, suicidal ideation, eating disorders, phobias, obsessive-compulsive disorder (OCD), autism spectrum disorder, and addictions. All major commercial and Medicaid insurance plans accepted.

Website: <https://www.montrosebehavioral.com/>

Phone: 855-466-2979

Riveredge

Hospital

We strive to foster an environment that demonstrates compassion and caring with timely and effective communication through comprehensive, clinically excellent behavioral health care services. Our goal is to be a leading provider of quality behavioral health services for children, adolescents and adults, exceeding the expectation of our customers.

Website: <https://riveredgehospital.com/>

Phone: 708-209-4181

Plena

Plena Mind Center Child & Adolescent Partial Hospitalization and Intensive Outpatient Programs is located just north of Chicago. Plena, chosen from the Latin root which translates to “full,” is at the heart of what we want to achieve. A truly personal approach ensures all participants and their families live their fullest lives.

Our approach empowers children and adolescents to actively participate in managing symptoms in the service of living their fullest life. Plena’s treatment team creates an atmosphere of open communication and collaboration with parents, guardians and referring behavioral health providers regarding diagnosis, medication recommendations, and symptom management.

Plena’s team includes board-certified child and adolescent board-certified psychiatrists, licensed clinical professional counselors, licensed clinical social workers, a licensed teacher, an expressive therapist (board-certified music therapist), and multiple patient support specialists. The team provides child and family centered care that is individualized to your child and family’s needs.

Website: <https://www.plenamind.com/>

Phone: 847-562-5612



CHANGING THE FACE OF DEPRESSION empower our Junior Board and their campaign, “Compassion in, Stigma out”, to support students as well as speak about their personal stories to peers and the community.

Rebecca’s Dream’s mission is to promote awareness and compassionate understanding of depression and bipolar disorder as real diseases.

Website: www.rebeccasdream.org

Phone: 773-423-7326

SUPPORTER



For over 40 years, The Chicago School has been an innovator of psychology and behavioral science. Our Chicago Campus is an accredited, not-for-profit institution that offers hands-on courses taught by world-class faculty. From counseling to organizational leadership, every degree program places a great emphasis on field experience and networking. Because The

Chicago School focuses exclusively on psychology and related behavioral science fields, Chicago Campus students receive an unparalleled education while engaged in our Bachelor's, Master's, Doctoral, ABA Certificate as well as Education Specialist (EdS) programs.

Website: www.thechicagoschool.edu/chicago/

Phone: 866-827-9107

IN KIND



F O R C A D E

Professional Consulting Services. Creating environments that don't just identify and guide but directly embody your culture. Design. Branding. Wayfinding.

Website: <https://forcade.net/>

Phone: 847-424-1010



Starbucks
1901 Dempster St Evanston

FRIENDS

Compass Health Center <https://compasshealthcenter.net/>

No Shame on U <https://www.noshameonu.org/>

Mental Health America of the Northern Suburbs (MHANS) <https://mhans.org/>

Rogers Behavioral Health <https://rogersbh.org/>



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National Crisis Resources

988 (call or text), 988lifeline.org. Learn more: <https://www.dhs.state.il.us/page.aspx?item=145089>

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

Anyone who feels sad, hopeless, or suicidal; family and friends who are concerned about a loved one, or anyone interested in mental health treatment referrals can call the Lifeline. Callers are connected with a professional who will talk with them about what they are feeling or concerns for family and friends. Call toll-free 24 hours/day, 7 days/week.

1-800-Suicide (1-800-784-2433)

Crisis Text Line: Text to 741741, <https://www.crisistextline.org/>

Available 24/7/365 this organization connects callers with trained crisis volunteers who will provide confidential advice, support, and referrals if needed.

Friendship Line (Adults 60+ or Disabled 18+ and Caregivers) 1-800-971-0016 (24/7/365)

The Trevor Project: Call 866-488-7386 or Text "START" to 678-678 <https://www.thetrevorproject.org>

Trained counselors are available 24/7 to support youth who are in crisis, feeling suicidal, or in need of a safe and judgment free place to talk. Specializing in supporting the LGBTQI+ community.

Substance Abuse and Mental Health Services Administration (SAMHSA)

Mental Health/SUD Helpline: Call 1-800-662-HELP (1-800-662-4357)

SAMHSA Disaster Distress Helpline: Call 1-800-985-5990 or text TalkWithUs to 66746

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

Illinois Resources

Illinois Warm Line: 1-866-359-7953 (M-Sat 8am – 8pm except holidays)

Call4Calm Mental Health Support Line

Text the word 'TALK' to 552020 for English (or 'HABLAR' for Spanish-language support). Call4Calm offers emotional support via text and can connect you to resources in your community.

IL Living Rooms

<https://www.dhs.state.il.us/page.aspx?item=126349>

IL Department of Human Services Resources

<https://www.dhs.state.il.us/page.aspx?item=29735>

IL Community Mental Health Centers (CMHC) 1-800-843-6154

Office/Service Locator:

<https://www.dhs.state.il.us/page.aspx?module=12&officetype=&county=>

Local Resources

Trilogy First-response Alternative Crisis Team (FACT) – mobile response unit
1-800-FACT400 (1-800-322-8400)

Turning Point (Skokie): Crisis Line 1-847-933-0051, Living Room 1-847-933-9202, M-S 12pm-8pm

Evanston Care Network: Call 311 in Evanston or 1-847-448-4311, <https://evanstoncarenetwork.org/>

Please see our Conference Sponsors handout for other resources.

Additional Resources

Naomi Ruth Cohen Institute: <https://naomicoheninstitute.org/resources/external-resources/>

Mental Health First Aid USA: <https://www.mentalhealthfirstaid.org/mental-health-resources/>

Mindfulness Meditations (Self Care in multiple languages): <https://www.uclahealth.org/marc/mindful-meditations>

National Eating Disorders Hotline: 1-800-931-2237

Marijuana Anonymous: 1-800-766-6779

Trans Lifeline: 1-877-565-8860

Veterans Crisis Line: 1-800-273-8255

Rape, Abuse & Incest National Network (RAINN): 1-800-656-4673

National Domestic Violence Hotline: 1-800-799-7233, Text "start" to 88788

Finding a Behavioral Health Provider

The National Council for Behavioral Health <https://www.thenationalcouncil.org/providers/?region=>

Search for organizations that are committed to providing mental health services to anyone in the community who needs it regardless of their ability to pay.

SAMHSA <https://www.samhsa.gov/find-help>.

