



Mental Health Resources

Listed below are resources related to mental health issues such as Traumatic Stress and Grief, it also provides ways to find more help. This list was compiled by psychologists Dr. Sarah Pekoc and Dr. Nicole Dempster.

Trauma

The Body Keeps the Score by Dr. Bessel van der Kolk

[ISTSS Trauma Fact Sheet](#)

Grief

The Grieving Process: <https://www.youtube.com/watch?v=gsYL4PC0hyk>

5 Things No One Tells You About Grief: <https://www.youtube.com/watch?v=8pT6LQ-mZ3k>

It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand
By: Megan Devine

Finding Help:

<https://www.psychologytoday.com/us>

- Call your insurance company to see what providers are covered
- Ask your healthcare providers if they have relationships with a mental health professional

Crisis Hotlines

Call: 1-800-273-8255

Text: "HOME" to 741-741 or type: <https://www.crisistextline.org/>

