

Resources to Take with You

There are more resources listed on our website : www.findyourwellnesswithin.com

Clinical Resources:

Psychology Today- Find specific types of Clinicians nationally

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

Trauma Institute & Child Trauma Institute

Northampton MA

<https://www.ticti.org/>

(413) 774-2340

info@ticti.org

CHD - Variety of Mental Health and Other Services

Locations all over Western Mass

<https://chd.org/>

1-844-243-4357

CSO- Variety of Mental Health, Family, Housing & Crisis Services

Multiple Locations

<https://www.csoinc.org/>

(413) 773-1314

BHN- Variety of Mental Health, Crisis, and Education Resources

Multiple Locations

<https://www.bhninc.org/>

BHN's 24-Hour Crisis Line: (413) 733-6661

Current or New Patient: (413) 301-9355

BHN Corporate Office: (413) 747-0705

River Valley (RVCC)- Variety of Mental Health and Support Services

Multiple Locations

<https://www.rvccinc.org/>

413-540-1234

OpenPath Collective- Mental Health Services

This is ment for persons without proper insurance coverage for Mental Health Services

<https://openpathcollective.org/>

info@openpathcollective.org

Live Chat on their website.

Crisis Resources:

BHN Crisis:

Call: 413-733-6661

Walk In: 417 Liberty Street, Entrance B, Springfield MA 01104

CSO Crisis:

Greenfield/Franklin County

Call: 413.774.5411

Walk In: 296 Federal Street, Greenfield, MA 01301

Athol/N. Quabbin

Call: 978.249.3141

Walk In: 2033 Main Street Level 2, Athol, MA 01331

Northampton/Hampshire County

Call: 413.586.5555

Walk In: 29 N. Main Street, Florence, MA 01062

National Suicide Prevention Lifeline(NSPL) :

Call or Text : 988 or (1-800-273-8255)

Chat Online at: <https://988lifeline.org/current-events/the-lifeline-and-988/> (In the top right corner)

Veterans Crisis (NSPL):

Call: 988 or (1-800-273-8255) Then Press 1

Text: 838-255

Chat Online at: VeteransCrisisLine.net/Chat

Trevor Lifeline for LGBTQ Youth:

Call: 1-866-488-7386

Text: 678-678

NAMI HelpLine:(Call function can be reached Monday through Friday, 10 a.m. – 10 p.m.)

Call: 1-800-950-6264

Email: info@nami.org

Text: NAMI to 741-741

Chat Online at : <https://nami.org/help>

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

American Federation for Suicide Prevention <https://afsp.org/> - see Get Help tab

Call: 988

Text: 988 or TALK to 741741

Resources from this source: <https://afsp.org/im-having-thoughts-of-suicide>
<https://afsp.org/when-someone-is-at-risk>
<https://afsp.org/find-a-support-group>

Trauma Institute in Northampton- <https://www.ticti.org/>
<https://www.ticti.org/intensive-therapy/free-treatment-western-ma/>

Call: 413-744-2340

Address: 285 Prospect St, Northampton, MA 01060

Food Insecurity Resources:

Meals on Wheels Sign up Through:
Greater Springfield Senior Services, Inc
66 Industry Ave Ste 9, Springfield, Ma 01104
413-781-8800

Longmeadow Adult Center
231 Maple Rd, Longmeadow, Ma 01106
413-565-4150

West Springfield Council on Aging
128 Park St, West Springfield, Ma 01089
413- 263- 3264

WestMass Eldercare Inc.
4 Valley Mill Rd, Holyoke, Ma 01040
413-538-9020

Belchertown COA
60 State St, Belchertown, Ma 01007

413-323-0420

Friends of the Homeless: Open to Public

755 Worthington St. Springfield MA 413-732-3069

3 meals daily -365 days a year

Breakfast: 8:00am-9:00am

Lunch: 12:00pm-1:00pm

Dinner: 4:30pm-5:30pm

Loaves and Fishes: Open to Public

Lunch and Dinner- Every day- 3 locations - 413- 592-9528

South Congregational Church: 45 Maple St. Springfield MA. M,T,TH,F,Sat 12pm and 5pm

Christ Church Cathedral: 35 Chestnut St. Springfield MA Wednesday 12pm and 5pm

Shiloh Seventh Day Adventist Church: 797 State St Springfield MA Sunday 5pm

Lorraine's Soup Kitchen and Pantry: Open to Public

70 Pendexter Ave. Chicopee MA 01013 - Call: 413-529-9528

M-F Dinner 4:30-6pm (Doors open @ 4pm)

4th Tuesday of Month- 3:30pm-5:30pm

Springfield Rescue Mission: Open to Public

10 Mill St. Springfield 413-732-0808 or email: info@springfieldrescuemission.org

M-Sat Breakfast 7am-7:30am

M-Sat Lunch 12:30-1 pm

Operation SONshine- Mobile Food Program

Traditional Holiday Meals- Served a holiday meal on Easter, Thanksgiving, and Christmas

Springfield Rescue Mission also has resources for : Clothing, Mens Shelter, Addiction Treatment, and Immediate and Ongoing Needs

Helpful Books: Most of these Books can be found on Amazon, or You can Check your Local Library

The Power of Attachment: How to Create Deep and Lasting Intimate Relationships by Diane Poole Heller

Comment from One of our Clinicians: I found this book to be extremely helpful to understand attachment styles in depth but without negative feedback for avoidant and disorganized styles which is sometimes found in other books. It was easy to read and included exercises.

Set Boundaries, Find Peace: A Guide to Reclaiming Yourself by Nedra Glover Tawwab
Comment from One of our Clinicians: A look at the definition of boundaries and how to implement them in all life domains.

Atlas of the Heart: Mapping Meaningful Connection and the Language of Human Experience by Brene Brown

Comments from One of our Clinicians: This book is unique in the way that it breaks down the science of emotions and how they differ. I found the format to be engaging as well.

When Things Fall Apart: Heart Advice for Difficult Times by Pema Chodron