

## Resources to Take with You

If you need help or want to come back to therapy, we encourage you to reach back out to Wellness Within - Please call 413-209-7796

There are more resources listed on our website : [www.findyourwellnesswithin.com](http://www.findyourwellnesswithin.com)

If you still cannot find the resources you're looking for, email [jordan@findyourwellnesswithin.com](mailto:jordan@findyourwellnesswithin.com)

### **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](https://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](mailto: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](mailto: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