

UPDATED JULY 2022

DEVELOPED AS PART OF A
COLLABORATION BETWEEN CSNDC AND
THE UMB BLACK MENTAL HEALTH
ADVOCACY & RESEARCH TEAM

MENTAL HEALTH & WELLNESS RESOURCES



DORCHESTER,
BOSTON, MA



GROUNDING ACTIVITIES

Grounding techniques are used to refocus and bring your attention to the present moment.

Oftentimes we can experience anxious, depressive, or unsettling feelings that cause stress. Grounding activities help us reconnect with ourselves and our space.

5-4-3-2-1 Exercise

Begin by noticing your breathing. Take five slow, deep breaths, inhaling through your nose and exhaling through your mouth.

Now, take a few moments to expand your awareness to everything around you. Make an effort to notice what's around you, especially things you don't always pay attention to. This exercise is about your current experience, so try to notice what your experience is in the present moment as you go through the list below.

5 - Look for 5 things you can see. Name each thing as you notice it.

4 - Name 4 things that you can touch or feel around you.

3 - Next, acknowledge and name 3 sounds you can hear around you.

2 - Notice and name 2 things around you that you can smell.

1 - Lastly, become aware of 1 thing you can taste.

Take a few more slow, deep breaths. Notice how you feel compared to before this exercise. You can do this as many times as you wish to increase calmness and ground you in the present.

The Grounding Chair



Sit down in a comfortable chair, one where your feet reach the floor. Close your eyes and focus on your breath. Breathe in slowly for the count of three, then out slowly. Bring your mind's focus to your body. How does your body feel sitting in that chair? Scooch your bum right into the back of the seat so the whole length of your back is pressing into the back of the chair. Can you feel the contact between your body and the chair's surface? If the chair has arms, touch it, is the material smooth or textured? Press your arms down the length of the chair arm, notice how your hands hang off the end. If your chair doesn't have arms, touch the material on the seat, how does that feel? Next push your feet into the ground, imagine the energy draining down from your mind, down through your body and out through your feet into the ground. I picture it as a color filling my body as it goes from top to toe, but this is your image so choose whatever you want your energy to look like. As the energy drains from your head, feel how heavy each body part becomes, your torso feels heavy and now your arms as you relax those muscles. Lastly, feel the heaviness go down your legs, through your feet and down into the ground.

Bodily Awareness Technique

Take 5 long, deep breaths through your nose, and exhale through puckered lips.

Place both feet flat on the floor. Wiggle your toes. Curl and uncurl your toes several times. Spend a moment noticing the sensations in your feet.

Stomp your feet on the ground several times. Pay attention to the sensations in your feet and legs as you make contact with the ground.

Clench your hands into fists, then release the tension. Repeat this 10 times.

Press your palms together. Press them harder and hold this pose for 15 seconds. Pay attention to the feeling of tension in your hands and arms.

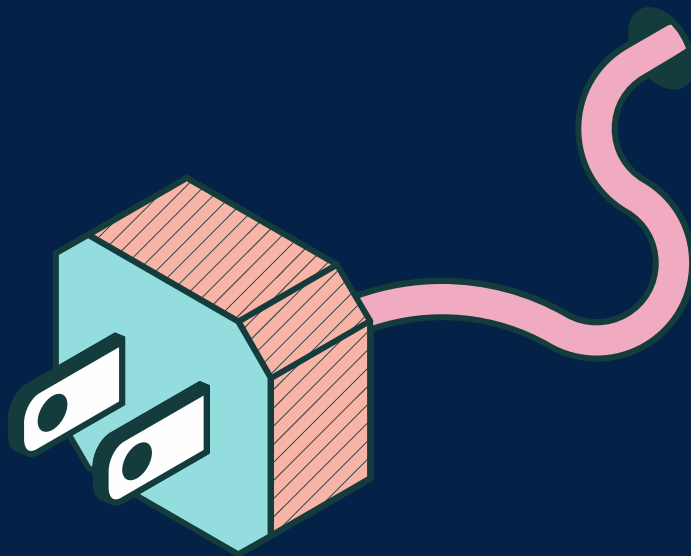
Rub your palms together briskly. Notice the sound and the feeling of warmth.

Reach your hands over your head like you're trying to reach the sky. Stretch like this for 5 seconds. Bring your arms down and let them relax at your sides.

Take 5 more deep breaths and notice the feeling of calm in your body.

*“Almost everything
will work again if you
unplug it for a few
minutes, including
you.”*

- Anne Lamott



The Butterfly Hug



If it's comfortable for you to do so, close your eyes.

Start with a few deep breaths, breathing in through your nose and out through your mouth. Try to focus on each inhale and exhale.

Cross your arms over your chest so that your right fingertips are on the left side of your chest, just below your collarbone and your left fingertips are on the right side of your chest, just below your collarbone. You can hook your thumbs together if you wish.

=

While continuing to focus on each inhale and exhale, lightly tap on your chest with your fingertips. It may help to visualize a butterfly lightly and delicately flapping its wings on your chest and say to yourself "I am loved, I am needed, I can, I will."

You can do this for as long as you want and repeat as many times as you want to feel more calm and at ease.

Guided Meditation

Place one hand on your belly and one hand on your chest.
Begin to feel the chest rise and fall. Begin to feel the belly rise and fall.
Inhale. Exhale.

Continue with your natural breath, feeling the air enter through your nostrils, then exit through your nostrils. Continue to feel your breath.

On the next inhale, feel the belly rise, then the ribs expand and finally the chest lift, coming to the top of the breath below the throat.
On the exhale, the breath leaves the chest, ribs fall, belly contracts.
Continue with this breath feeling all three parts of the breath and think to yourself, belly, ribs, chest...chest, ribs belly. Repeat this breath three more times.

With the third exhale, begin to feel the breath as a wave coming up from the belly and rising to the top of the breath beneath the throat.
Hold this breath for two counts, then let the breath go in a wave from the chest out the belly.

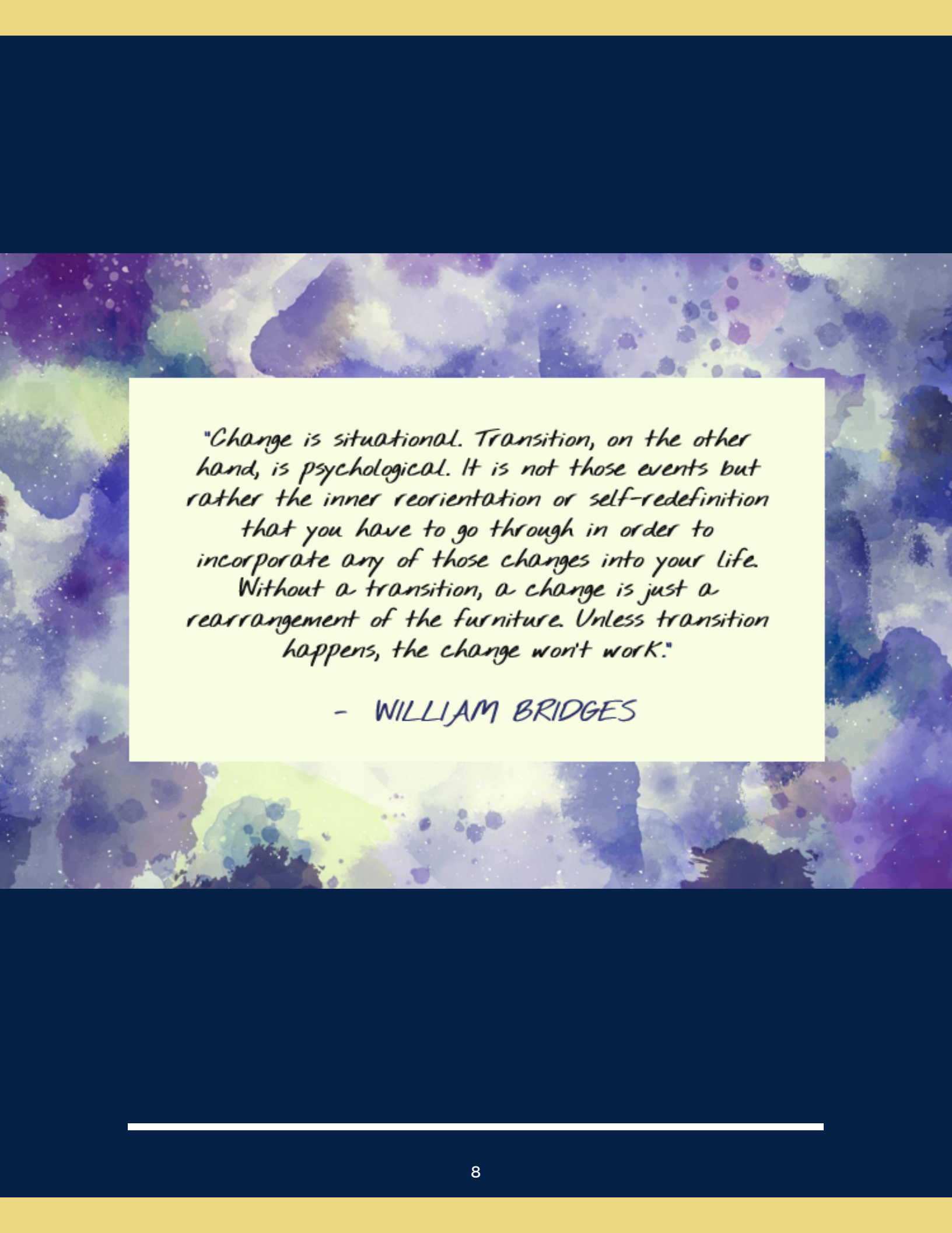
Continue with this wave-like breath, rolling in and up, then counting to two, and rolling out like a tide. Feel the fluidity of the breath. Feel the complete cycle of the breath. Focus only on the breath.

Finish a final cycle of this breath and after the complete exhale, return to the natural breath.

Feel calmness in the breath.

Feel ease and steadiness.

When you are ready, open your eyes.



"Change is situational. Transition, on the other hand, is psychological. It is not those events but rather the inner reorientation or self-redefinition that you have to go through in order to incorporate any of those changes into your life. Without a transition, a change is just a rearrangement of the furniture. Unless transition happens, the change won't work."

- WILLIAM BRIDGES



LOCAL RESOURCES

Mental health and wellness resources that are locally accessible in Boston neighborhoods, including counseling & therapy services, support groups, reading groups, yoga & more.

Codman Square Health Center - Behavioral Health

Offers behavioral health services, both in-person & telehealth.
<https://www.codman.org/medical-service/behavioral-health/>

Harvard Street Neighborhood Health Center - Behavioral Health

Offers behavioral health services, both in-person & telehealth.
<https://harvardstreet.org/departments/behavioral-health-2/>

And Still We Rise Psychotherapy, Consulting, & Life Coaching

Black-owned, woman-owned business offering therapy and life coaching services, committed to "decolonize mental health care".
<https://andstillwerise.us/>

Boston Neighborhood Trauma Team (tel. #: 617-431-0125)

Offers services for individuals, families, and communities affected by community violence, including immediate support (within 30 mins.) for anyone affected by community violence 24/7, 365 days a year.

<http://www.neighborhoodhealing.com/>

Local Resources Cont'd

Ashmont Counseling

Offers "culturally sensitive" counseling services to kids, adults & families in the Ashmont neighborhood of Dorchester.

<http://ashmontcounseling.com/>

Metro Boston Recovery Learning Community (tel. #: 617-305-9900)

Offers counseling services to people with a focus on mental health & substance misuse, with emphasis on being "trauma-sensitive and person-driven".

<https://www.mbrlc.org>

GLASS (tel. #: 617-659-2487)

"GLASS provides a continuum of services to LGBTQ+ youth of color and their allies in the Greater Boston and Greater Framingham areas."

<https://jri.org/services/health-and-housing/health/boston-glass>

Roxbury Presbyterian Church Social Impact Center

(tel. #: 617-945-6629)

"During COVID-19 the evening programs listed ... are offered virtually via Zoom, free of charge, and drop-in with no need to register."

<https://rpcsocialimpactctr.org/about/>

4 Corners Yoga + Wellness (tel. #: 617-506-0519)

Offers reduced capacity in-person yoga, as well as online yoga classes; also offers different massage therapy and energy work offerings.

<https://www.4cornersyogawellness.com/about-us>

Local Resources Cont'd

Grolier Poetry Bookshop (tel. #: 617-547-4648)

Offers in-person and virtual poetry readings with a focus on amplifying poets of marginalized groups.

<https://www.grolierpoetrybookshop.org/upcoming-readings>

You Good Sis

Offers virtual and in-person events centering Black and Brown women, femmes, non binary and trans folks

<https://www.yougoodsis.co/links>

Frugal Book Store (tel. #: 617-541-1722)

Community bookstore in Roxbury with an emphasis on increasing literacy in children, teens, and adults.

<https://frugalbookstore.net>

Hive Soul Yoga

Offers prerecorded and in-person group/individual yoga.

<https://www.instagram.com/hivesoulyoga/>

Pure Spark

Offers virtual and in-person events centering Black wellness; offers peer support groups monthly as well as community mindfulness walks.

<https://yourpurespark.com/about-us/>

ILOVEME Reiki (tel. #: 617-744-9229)

Women-owned buesiness that offers holistic wellness services & products.

<https://www.ilovemereiki.com>



VIRTUAL RESOURCES

Peer Support Space Inc.

Free virtual peer support groups that range from daily to monthly, including affinity based groups for particular experiences and/or marginalized identities.
<https://peersupportspace.org/community-gatherings-1>

Kiva Centers

Free virtual and phone peer support groups and warmlines that range from daily to monthly. Also offers trainings and education on mental health advocacy and service user rights.
<https://kivacenters.org>

BEAM (Black Emotional and Mental Health Collective)

A national training, movement building, and grant making institution that is dedicated to the healing, wellness, and liberation of Black and marginalized communities.
<https://beam.community>

Black Line

BlackLine offers a text/call line for "peer support, counseling, witnessing and affirming the lived experiences to folxs who are most impacted by systematic oppression with an LGBTQ+ Black Femme Lens" that prioritizes BIPOC.
<https://www.callblackline.com>

Finding a Therapist

Finding a therapist that fits your needs and goals for therapy can be challenging, It is a common experience to meet with a few different therapists before finding one that feels right for you. Here are some key factors to consider when choosing a therapist that meets your needs:

- **Type of therapy offered and therapist's "style"** - cognitive behavioral therapy, dialectical behavioral therapy, acceptance and commitment therapy, etc.
- **Insurances accepted, cost, availability, modality** - within vs. out of network therapist, affordability of copayment or full cost, therapist's general availability coincides with yours, in person vs. virtual vs. both
- **Clinical experience and cultural humility** - Experience working with clients with similar experiences, skill in working with clients of differing or similar cultural backgrounds

InnoPsych

Directory of therapists of color and other resources.

www.innopsych.com/findatherapist

Therapy for Black Girls

Virtual database of clinicians that serve Black women and girls.

<https://therapyforblackgirls.com/>

Therapy for Black Men

Virtual database of clinicians that serve Black men and boys.

<https://therapyforblackmen.org/>

National Queer and Trans Therapists of Color Network

Virtual database of Queer and Trans clinicians of color.

<https://nqttcn.com/en/>

Finding a Therapist

Boris Lawrence Henson Foundation

Virtual database of clinicians who serve Black communities.

<https://borislhensonfoundation.org/resource-guide/>

Black Mental Health Alliance

Virtual service that allows people to complete a small survey and be connected to potential therapists working with Black communities.

<https://blackmentalhealth.com/connect-with-a-therapist/>

