

RESOURCES FOR STAFF

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SUBSTANCE USE AND MENTAL HEALTH

ALCOHOLICS ANONYMOUS

WWW.AA.ORG

NARCOTICS ANONYMOUS

WWW.NA.ORG

AL-ANON

FOR PEOPLE WHO HAVE RELATIVES OR FRIENDS WITH ALCOHOL PROBLEMS.
WWW.AL-ANON.ORG

NATIONAL DOMESTIC VIOLENCE HOTLINE

WWW.THEHOTLINE.ORG
1-800-799-SAFE (7233)

NATIONAL SUICIDE PREVENTION LIFELINE

SUICIDEPREVENTIONLIFELINE.ORG
1-800-273-TALK (8255)

NATIONAL CHILD TRAUMATIC STRESS NETWORK: SECONDARY TRAUMATIC STRESS RESOURCES

WWW.NCTSN.ORG/TRAUMA-INFORMED-CARE/SECONDARY-TRAUMATIC-STRESS

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION HELPLINE

OFFERING 24/7, 365-DAY REFERRAL SERVICES FOR MENTAL HEALTH AND/OR SUBSTANCE ABUSE ISSUES

SAMHSA.GOV/FIND-HELP/NATIONAL-HELPLINE
1-800-662-HELP (4357)

BEHAVIORAL HEALTH TREATMENT LOCATOR

HTTPS://FINDTREATMENT.SAMHSA.GOV

NATIONAL ALLIANCE ON MENTAL HEALTH

WWW.NAMI.ORG

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MEDITATION

**BREATH BY BREATH: THE
LIBERATING PRACTICE OF INSIGHT
MEDITATION**

--LARRY ROSENBERG

A GRADUAL AWAKENING

--STEPHEN LEVINE

JUST SAY OM: A TEENAGER'S GUIDE

--SOREN GORDHAMMER

**WHERE EVER YOU GO, THERE YOU
ARE**

--JON KABAT ZINN

THE MIRACLE OF MINDFULNESS

--THICH NHAT HANH

HOW TO MEDITATE

--PEMA CHODRON

THINGS FALL APART

--PEMA CHODRON

MORE FREE GUIDED MEDITATIONS:

THE MEDITATION EXPERIENCE BY OPRAH
AND DEEPAK:
WWW.CHOPRACENTERMEDITATION.COM

UCLA MINDFUL AWARENESS RESEARCH
CENTER:
WWW.MARC.UCLA.EDU

THE FREE MINDFULNESS PROJECT:
WWW.FREEMINDFULNESS.ORG

MORE MEDITATION APPS:

CALM
HEADSPACE
HAPPIFY
10% HAPPIER
INSIGHT TIMER

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BOOKS FOR STAFF WELLBEING

FORGIVENESS: A BOLD CHOICE FOR A PEACEFUL HEART

--BY ROBIN CASARJIAN

MY GRANDMOTHER'S HANDS

--RESMAA MENAKEM

THE DEEPEST WELL: HEALING THE LONG-TERM EFFECTS OF CHILDHOOD ADVERSITY

--NADINE BURKE-HARRIS

FINDING YOUR BEST SELF, REVISED EDITION: RECOVERY FROM ADDICTION, TRAUMA, OR BOTH

--LISA M. NAJAVITS

HEART OF HOPE

--CAROLYN BOYES-WATSON AND KAY PRANIS

TRAUMA STEWARDSHIP: AN EVERYDAY GUIDE TO CARING FOR SELF WHILE CARING FOR OTHERS

--LAURA VAN DERNOOT LIPSKY

THE BODY KEEPS THE SCORE: BRAIN, MIND, AND BODY IN THE HEALING OF TRAUMA

--BESSEL VAN DER KOLK

BOOKS ON PS CONTENT TOPICS

BURNING DOWN THE HOUSE

--NELL BERNSTEIN

WRITING MY WRONGS

--SHAKA SENGHOR

A STONE OF HOPE

--JIM ST. GERMAIN

SHOOK ONE

--CHARLEMAGNE THE GOD

MONSTER

--WALTER DEAN MYERS

ALWAYS RUNNING

--LOUIS J. RODRIGUEZ

BLUE RAGE, BLACK REDEMPTION

--STANLEY 'TOOKIE' WILLIAMS

PRESSURE

--MALIK WADE

JUMPED IN

--JORJA LEAP