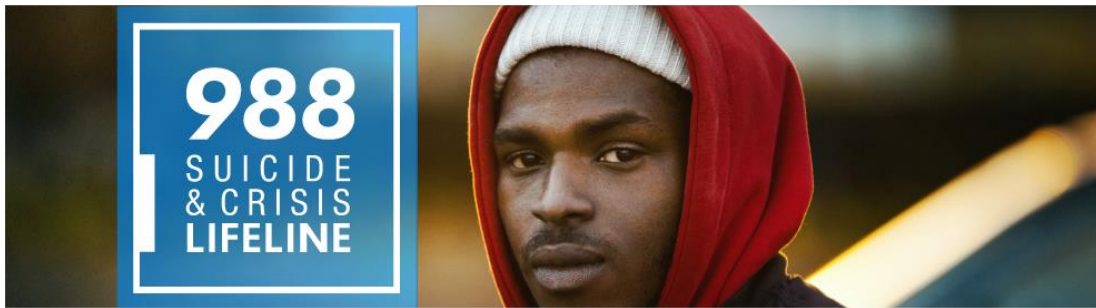


SUICIDE LOSS: LOCAL RESOURCES for WESTERN MASSACHUSETTS

This list is brought to you by Berkshire Coalition for Suicide Prevention (Updated 7/2022)

NEED IMMEDIATE HELP? If you or someone you know is experiencing a crisis:

Emergency - Dial: 911. Suicide and Crisis Lifeline: Call or text [988](tel:988). Chat: 988lifeline.org.



SUICIDE BEREAVEMENT SUPPORT GROUPS

These groups provide a safe place where survivors of suicide loss can share their experiences and support each other. Outreach visits are also available for newly bereaved families. Please post this information and share with others who may find it helpful. A nationwide directory of suicide loss support groups as well as resources can always be accessed at: <http://www.afsp.org/coping-with-suicide-loss/find-support>. Before attending a support group, please call the contact person to verify date and location.

GROUP LOCATION: Pittsfield, MA

Healing after Suicide Loss

Contact Name: Bertha Connelley, suicideloss@berkshirecoalition.org

Meeting Place: 1st Tuesday: Unitarian Universalist Church, 175 Wendell Ave. (corner of Broad St) Pittsfield, MA

3rd Tuesday: Virtual meeting via Zoom: 6 to 7:30 PM.

Please register via email for details: suicideloss@berkshirecoalition.org.

Meeting Day/Time: 1st and 3rd Tuesday of every month from 6 to 7:30 PM.

Overview: Peer (Survivor) Facilitated, No Fee

GROUP LOCATION: East Longmeadow, MA

Survivors of Suicide Loss

Contact Name: Diana & Paul Lewis, (413) 525-7752, DPROF52@aol.com

Meeting Place: Forestiere-Smith Funeral Home, 220 North Main St., East Longmeadow, MA 01028

Meeting Day/Time: 3rd Monday monthly from 7:00 to 9:00 PM.

General Info: Peer Facilitated, No Fee, Group does not meet on major holidays.

GROUP LOCATION: Northampton, MA

Healing after Suicide Loss

Contact Name: Geraldine Unger (413)203-1200, sas4healing@gmail.com

Meeting Place: Forbes Library, 20 West Street, Northampton, MA

Meeting Day/Time: 2nd Tuesday each month 1:00 – 2:30 pm.

Overview: Peer facilitated, No fee. Members must be 18 or over.

GROUP LOCATION: Northampton, MA

The Garden - Center for Grieving Children and Teens

Contact Name: Shelly Bathe Lenn, (413)584-7086 x124, shelly.thegarden@gmail.com

Meeting Place: Hampshire Regional YMCA, 286 Prospect St., Northampton, MA

Meeting Day/Time: Weekly on Sunday Afternoons during Fall and Spring

Overview: Peer/Professional, No charge.

SURVIVOR OUTREACH, Healing Conversations, AFSP Western MA

Contact Jim McAleer, mcaleer2006@verizon.net, 413-734-3676 for trained local volunteers who have experienced suicide loss and who will:

- meet in person with newly-bereaved survivors and their families
- listen with compassion and offer reassurance that surviving a suicide loss is possible
- recommend helpful things to read, provide info about support groups and resources

INTERNATIONAL SURVIVORS OF SUICIDE LOSS DAY:

It's the one day a year when people affected by suicide loss gather around the world at events in their local communities to find comfort and gain understanding as they share stories of healing and hope. Always held on the Saturday before Thanksgiving. Visit survivorday.org to find Survivor Day events near you.

Black, Indigenous & People of Color (BIPOC) Resources

Live Another Day: <https://liveanotherday.org/>

DetoxLocal: <https://www.detoxlocal.com/resources/aapi-addiction-mental-health/>

NATIVE&INDIGENOUS COMMUNITIES

THE CENTER FOR NATIVE AMERICAN YOUTH

BELIEVES ALL NATIVE AMERICAN YOUTH SHOULD LEAD FULL AND HEALTHY LIVES, HAVE EQUAL ACCESS TO OPPORTUNITY, AND DRAW STRENGTH FROM THEIR CULTURE AND ONE ANOTHER. AS A POLICY PROGRAM, THEY WORK TO IMPROVE THE HEALTH, SAFETY, AND OVERALL WELL-BEING OF NATIVE AMERICAN YOUTH THROUGH YOUTH RECOGNITION, INSPIRATION AND LEADERSHIP; RESEARCH, ADVOCACY, AND POLICY CHANGE; AND BY SERVING AS A NATIONAL RESOURCE EXCHANGE.
<https://www.aspeninstitute.org/programs/center-for-native-american-youth/>

WE R NATIVE

COMPREHENSIVE HEALTH RESOURCE FOR NATIVE YOUTH, BY NATIVE YOUTH, PROVIDING CONTENT AND STORIES ABOUT THE TOPICS THAT MATTER MOST TO THEM. THEY STRIVE TO PROMOTE HOLISTIC HEALTH AND POSITIVE GROWTH IN OUR LOCAL COMMUNITIES AND NATION AT LARGE.
<https://www.wernative.org/>

ZERO SUICIDE IN INDIAN COUNTRY

A TOOLKIT WHICH CONTAINS RECOMMENDATIONS FOR THE IMPLEMENTATION OF ZERO SUICIDE IN INDIAN COUNTRY, FORMS AND TOOLS, AND VIDEOS FEATURING A VARIETY OF INDIGENOUS HEALTH SYSTEMS (IHS AND TRIBAL) WHO HAVE COMMITTED TO THE IMPLEMENTATION.
<https://zerosuicide.edc.org/toolkit/toolkit-adaptations/indian-country>

**OUR MISSION IS
TO SAVE LIVES.**

**TOGETHER WE
CAN BUILD
RESILIENCE IN
OUR
COMMUNITY,
EDUCATE THE
PUBLIC, AND
STRENGTHEN
THE RESPONSE
TO COMMUNITY
NEED.**



@berkshirecoalition

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info@berkshirecoalition.org

Mental Health Resources for Black, Indigenous, People Of Color (BIPOC)

**PRODUCED BY
BERKSHIRE COALITION
FOR SUICIDE PREVENTION**



BLACK COMMUNITY

BROTHER, YOU'RE ON MY MIND

CHANGING THE NATIONAL DIALOGUE REGARDING MENTAL HEALTH AMONG AFRICAN AMERICAN MEN, AN INITIATIVE TO HELP START CONVERSATIONS ABOUT MENTAL HEALTH.
<https://oppf.org/byomm>

BLACK GIRLS SMILE

VISION IS OF A SOCIETY THAT FOCUSES ON ENSURING ALL YOUNG AFRICAN AMERICAN FEMALES RECEIVE THE RESOURCES AND SUPPORT NECESSARY TO LEAD MENTALLY HEALTHY LIVES.
<https://www.blackgirlssmile.org>

THERAPYFORBLACKMEN

A DIRECTORY TO HELP BLACK MEN IN THEIR SEARCH FOR A THERAPIST. USING THE DIRECTORY, MEN CAN SEARCH BY THERAPIST LOCATION AND SPECIALIZATION, AS WELL AS ENSURING A MULTICULTURALLY-AFFIRMING THERAPIST.
<https://www.TherapyForBlackMen.org>

BLACK EMOTIONAL AND MENTAL HEALTH COLLECTIVE

A COLLECTIVE OF ADVOCATES, YOGA TEACHERS, ARTISTS, THERAPISTS, LAWYERS, RELIGIOUS LEADERS, TEACHERS, PSYCHOLOGISTS AND ACTIVISTS COMMITTED TO THE WELL-BEING OF BLACK COMMUNITIES BY REMOVING BARRIERS TO BLACK HEALING. THEY DO THIS THROUGH EDUCATION, TRAINING, ADVOCACY AND THE CREATIVE ARTS.
ON INSTAGRAM @_BEAMORG

GENERAL RESOURCES

INCLUSIVE THERAPISTS

A MENTAL HEALTH COMMUNITY THAT COMMITS TO AND PRACTICES: ADVANCING JUSTICE & EQUITY FOR ALL INTERSECTIONAL IDENTITIES; CULTURALLY AFFIRMING & RESPONSIVE CLIENT CARE; CENTERING THE NEEDS OF MARGINALIZED, UNDERSERVED POPULATIONS; CELEBRATING ALL IDENTITIES AND ABILITIES IN ALL BODIES; DECOLONIZING & DESTIGMATIZING MENTAL HEALTHCARE; AND DISMANTLING SYSTEMIC OPPRESSION & WHITE SUPREMACY IN MENTAL HEALTHCARE.
ON INSTAGRAM @INCLUSIVETHERAPISTS

MELANIN & MENTAL HEALTH®

BORN OUT OF A DESIRE TO CONNECT INDIVIDUALS WITH CULTURALLY COMPETENT CLINICIANS COMMITTED TO SERVING THE MENTAL HEALTH NEEDS OF BLACK & LATINX/HISPANIC COMMUNITIES. THEY ARE COMMITTED TO PROMOTING THE GROWTH AND HEALING OF OUR COMMUNITIES THROUGH THEIR WEBSITE, ONLINE DIRECTORY, AND MONTHLY EVENTS.
ON INSTAGRAM
@MELANINANDMENTALHEALTH

AAKOMA PROJECT

MISSION IS TO HELP DIVERSE TEENAGERS AND THEIR FAMILIES ACHIEVE OPTIMAL MENTAL HEALTH THROUGH DIALOGUE, LEARNING, AND THE UNDERSTANDING THAT EVERYONE DESERVES CARE AND SUPPORT. WE BELIEVE DEEPLY THAT MENTAL HEALTH RESEARCH AND CARE MUST BENEFIT EVERYONE.
ON INSTAGRAM @AAKOMAPROJECT

LATINX COMMUNITY

LIFE IS PRECIOUS™ / LA VIDA ES PRECIOSA

PREVENTS SUICIDE IN YOUNG LATINAS--THE TEEN POPULATION WITH THE HIGHEST RATE OF SUICIDE ATTEMPTS IN THE COUNTRY. LIFE IS PRECIOUS™ COMBINES INDIVIDUAL AND GROUP COUNSELING, ARTS THERAPY, ACADEMIC SUPPORT, AND NUTRITIONAL AND FITNESS ACTIVITIES. PSYCHIATRIC SERVICES ARE PROVIDED BY PARTNERING CLINICS.
<https://www.comunilifelip.org/>

THERAPY FOR LATINX

DATABASE FOR LATINX PEOPLE TO FIND MENTAL HEALTH PROFESSIONALS IN THEIR OWN COMMUNITIES. EASY TO USE FOR BOTH MENTAL HEALTH PROFESSIONALS AND PEOPLE SEEKING MENTAL HEALTH TREATMENT. OFFERS FREE ONLINE MENTAL HEALTH SCREENINGS IN PARTNERSHIP WITH MENTAL HEALTH AMERICA. THE RESOURCE IS AVAILABLE IN ENGLISH AND SPANISH. ON INSTAGRAM @THERAPYFORLATINX

NATIONAL LATINO BEHAVIORAL HEALTH ASSOCIATION (NLBHA)

ESTABLISHED TO FILL A NEED FOR A UNIFIED NATIONAL VOICE FOR LATINO POPULATIONS IN THE BEHAVIORAL HEALTH ARENA AND TO BRING ATTENTION TO THE GREAT DISPARITIES THAT EXIST IN AREAS OF ACCESS, UTILIZATION, PRACTICE-BASED RESEARCH AND ADEQUATELY TRAINED PERSONNEL.
<http://www.nlbha.org/>