



Understanding the Basics **of Psychological Trauma**

Participant Resources

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Crisis Resources

If you or someone you know is in distress...

Call or text 9-8-8

The Suicide Crisis Helpline is available 24/7 in Canada and the United States.

RESOURCES IN CANADA

Mental Health Resources | The Canadian Mental Health Association (CMHA)

Hope for Wellness Helpline | Available 24/7 to all Indigenous people across Canada

Kids Help Phone / Jeunesse, J'écoute | Available 24/7, providing free, multilingual, and confidential e-mental health services to young people

PSPNET | Non-urgent mental health support for Public Safety Personnel and their families

Physician Wellness Support Services | The Canadian Medical Association

RESOURCES IN THE UNITED STATES

Crisis Hotlines and Resources | American Psychological Association

The Trevor Project | Suicide prevention and crisis intervention nonprofit organization for LGBTQ+ young people

INTERNATIONAL RESOURCES

Find a Helpline | A database of helplines and crisis centers in over 130 countries

Recommended Resources

WEBSITES

National Center for PTSD | Resources to understand PTSD, treatment options, crisis support, and resources for family and friends, provided by the U.S. Department of Veterans Affairs.

Canadian Institute for Public Safety Research and Treatment (CIPSRT) | Research and resources for current and former public safety personnel, their leaders, and their families.

Workplace Strategies for Mental Health | Resources for organizations, leaders, and employees to support a healthy workplace, available in English and French, provided by Canada Life.

DOCUMENTS

The Surgeon General's Call to Action to Implement the National Strategy for Suicide Prevention | Actionable recommendations for communities, organizations, and individuals to address suicide as a preventable public health issue, published by the Office of the Surgeon General, U.S. Department of Health and Human Services

The Surgeon General's Framework for Workplace Mental Health and Well-Being | This framework provides five key areas to foster healthier, more supportive workplaces and strategies to implement, published by the Office of the Surgeon General, U.S. Department of Health and Human Services

Psychological First Aid Guide for Children's Advocacy Center Supervisors | Published in 2024 by Brian Miller, PhD, Melissa Brymer, PhD, Kristine Louie, PhD, and Karen Hangartner, LMSW

BOOKS

You are the Medicine: 13 Moons of Indigenous Wisdom, Ancestral Connection, and Animal Spirit Guidance by Asha Frost, 2022

Waking the Tiger: Healing Trauma by Peter Levine, 1997

Decolonizing Trauma Work: Indigenous Stories and Strategies by Renee Linklater, 2014

The Myth of Normal: Trauma, Illness, and Healing by Daniel Maté and Gabor Maté, 2022

BOOKS (CONTINUED)

My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies by Resmaa Menakem, 2017

The Mindful Self-Compassion Workbook: A Proven Way to Accept Yourself, Build Inner Strength, and Thrive by Kristin Neff and Christopher Germer, 2018

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by Bessel van der Kolk, 2014

Childhood Disrupted: How Your Biography Becomes Your Biology, and How You Can Heal by Donna Jackson Nakazawa, 2015

What Happened to You? Conversations on Trauma, Resilience, and Healing by Bruce D. Perry and Oprah Winfrey, 2021

The Deepest Well: Healing the Long-Term Effects of Childhood Adversity by Nadine Burke Harris, 2018

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