



**Chaplaincy Conversation Circles  
Referral Resources**

Thank you for your participation in a Chaplaincy Conversation Circle. Although the circles are *not* intended as a substitute for mental health services, we want to provide participants with resources for those who might benefit from professional mental healthcare at this time. If you are looking for more support, please see the resource list below. **Note:** The Chaplaincy Innovation Lab does not promote or endorse any particular tools, techniques, or methods.

**General advice:** Talk to health insurance provider and/or Primary Care Provider.

**Faith leaders:** Consult with national leaders in your religious tradition.

Resource	Link
National Association of Social Workers (Massachusetts)	<a href="https://www.naswma.org/page/Copyof35z">https://www.naswma.org/page/Copyof35z</a>
Mental Health.gov	<a href="https://www.mentalhealth.gov/">https://www.mentalhealth.gov/</a>
Psychology Today Online Directory of Therapists	<a href="https://www.psychologytoday.com/us/therapists">https://www.psychologytoday.com/us/therapists</a>
Mental Health America	<a href="https://www.mhanational.org/">https://www.mhanational.org/</a>
Clinical Practice Guidelines for the Treatment of Posttraumatic Stress Disorder	<a href="https://www.apa.org/ptsd-guideline/patients-and-families/finding-good-therapist">https://www.apa.org/ptsd-guideline/patients-and-families/finding-good-therapist</a>
State and Provincial Psychological Associations	<a href="https://www.apa.org/about/apa/organizations/associations">https://www.apa.org/about/apa/organizations/associations</a>
The Solihten Institute	<a href="https://solihten.org/find-a-center/">https://solihten.org/find-a-center/</a>
Latinx Therapy	<a href="https://latinxtherapy.com/">https://latinxtherapy.com/</a>
Therapy for Black girls/women	<a href="https://therapyforblackgirls.com/about/">https://therapyforblackgirls.com/about/</a>
Ayna Therapy	<a href="https://www.ayanatherapy.com/">https://www.ayanatherapy.com/</a>
Healing in Colour	<a href="https://www.healingincolour.com/">https://www.healingincolour.com/</a> (Canadian based)

If you are interested in a free and confidential small support group open to all chaplains in any setting led by non-chaplain facilitators trained at the intersection of mental health, trauma and spirituality, consider Luce COVID Support groups run by the Chaplaincy Innovation Lab and Danielsen Institute.

Learn more about the groups: <https://chaplaincyinnovation.org/resources/luce-covid-support-groups>

Learn more about the Danielsen Institute: <http://www.bu.edu/danielsen/>