

Trauma-Informed Practice Resources

Trauma-Informed Care

[Trauma-Informed Oregon](#)

[Encyclopedia of Social Work: Trauma-Informed Care](#)

ACES

<https://www.cdc.gov/violenceprevention/aces/about.html>

Resilience: The Biology of Stress & The Science of Hope (2016) by KPJR Films

Vicarious Trauma and Self-Care

Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others (2009) by Laura van Dernoot Lipsky and Connie Burk

The Age of Overwhelm: Strategies for the Long Haul (2018) by Laura van Dernoot Lipsky

The More or Less Definitive Guide to Self-Care (2019) by Anne Borges

National Helplines

[National Alliance on Mental Illness](#) Helpline: 1-800-950-NAMI (6264)

[Psychology Today](#): articles, resources, and “Find a Therapist” search function

[Open Path Collective](#): reduced rate therapy

[Ayana Therapy](#): Mental healthcare for marginalized and intersectional communities

[Inclusive Therapists](#): Centers the needs of Black, Indigenous, and People of Color (BIPOC) and the LGBTQIA2S+ community. Honors the full neurodiversity spectrum and advocate for mental health care accessibility for people with disabilities/ disabled people.