

YWCA IS ON A MISSION

While You Wait for YWCA Therapy Services...

consider utilizing other services offered by YWCA Kalamazoo and our partner organizations. All services are free and confidential:

YWCA Kalamazoo Services

YWCA Kalamazoo: Advocacy

YWCA Kalamazoo's Victim Services Programs supports survivors of violence from their emergency-immediate needs to future safety plans. We have dedicated staff members to work individually with survivors of domestic violence, sexual assault, and human trafficking to assist them with their healing process. Advocates can assist you with navigating resources, providing emotional support, and in meeting personal goals. Call the **YWCA Kalamazoo 24/7 Help Line (269-385-3587)** for more information or to schedule an appointment.

YWCA Kalamazoo: Support Groups For Survivors

Below is an updated list of free support groups for survivors of violence. The Domestic Violence Support Group is virtual via Zoom.



The flyer features the YWCA Kalamazoo logo at the top left, which includes the tagline 'eliminating racism empowering women' and the 'SAFE SPACE' logo. Below the logo is a photograph of two hands holding a purple awareness ribbon. The text on the flyer reads: 'Domestic Violence Support Group', 'Bi-weekly on Tuesdays 1:30 PM - 3:00 PM', 'Virtual Via Zoom', 'Facilitated by Andrea S. and Mary S.', and contact information for Andrea (astedge@ywcakalamazoo.org) and Mary (msegerdahl@ywcakalamazoo.org).

YWCA Kalamazoo: Supportive Legal Services

We have a full legal team including an attorney, case managers and paralegal on staff. Our legal department provides advocacy and legal support to survivors of sexual assault, domestic violence and human trafficking. **If you are in need of legal assistance or would like more information on our services, contact the YWCA Kalamazoo legal department office at (269) 910-0190.**

YWCA Kalamazoo: WISH: A Supportive Home Visitation Program

YWCA Kalamazoo Women and Infant Supportive Health (WISH) program equips families in Kalamazoo County with skills and resources necessary for healthy pregnancies and raising healthy babies. YWCA WISH is a home visitation program that offers a high-quality, culturally relevant, and evidence-informed curriculum. YWCA WISH works with families to meet their goals at being the best parents they can be! Services include:

- Advocacy and transportation to doctor visits
- One-on-one and group education for parents
- Goal setting and skill-building
- Assistance meeting needs
- Social support & more!

WISH Eligibility

Any pregnant or current parent with children ages 0-3 years, regardless of family type or orientation, are eligible for YWCA WISH. Additionally, there are no income or insurance restrictions to participate in YWCA WISH. **For more information, call 269-345-5595 or email wish@ywcakalamazoo.org.**

YWCA Kalamazoo: Reproductive Health Fund

For: Abortion Services (medication and surgical), Doula Services (prenatal and postpartum packages), Emergency Contraception Kits, Gender Affirming Care, Hormone Replacement Therapy Prescriptions, PEP Prescriptions (HIV prevention), Gender-Affirming Name Changes, Transportation. Access Services: Call (269) 978.1200 Monday-Friday 9am-5pm or fill out our inquiry on the [webpage](#).

Local Agencies

- **Safe Place in Battle Creek**
 - Offers shelter, counseling, legal services
 - 24 Hour HOTLINE (888) 664-9832 or (269) 965-SAFE (7233)
Business Phone (269) 965-6093
 - S.A.F.E. Place Shelter P.O. Box 199 Battle Creek, MI 49016
 - Email: info@safeplaceshelter.org
- **YWCA West Central in Grand Rapids**
 - Provides short term support, individual counseling, group counseling
 - Call [616.459.4652](tel:616.459.4652) (Monday-Thursday, 8:00 am-6:00 pm; Fridays 8:00 am-12:00 pm)
- **The Synergy Health Center**
 - 625 Harrison St. Kalamazoo, MI 49007 Phone: 269-323-1954 Fax 269-276-0201
 - Mon - Thurs. 8:30am - 7pm; Closed daily from Noon - 1pm.
- **Resilience**
 - 24/7 Support for Domestic Violence, Sexual Assault, and Stalking
 - 24-Hour Help Line: 1-800-848-5991 | TF: 616-392-1970
 - Español: 1-866-728-2131 | TF: 616-355-9755 | Holland, MI

- **Rootead**
 - Black and Brown Therapy Collective was created to connect Kalamazoo BIPOC (Black, Indigenous, people of color) residents to BIPOC therapists. If you would like to match with a therapist from the Black and Brown Therapy Collective or are looking for financial assistance with your current therapist who is a part of the Collective as well, please contact Rootead. Phone: 269-720-9200 Email: info@rootead.org List of BIPOC Therapists: https://rootead.org/wp-content/uploads/2023/06/BBTCTherapistList_6.20.23.pdf
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- **DASAS (Domestic and Sexual Abuse Services)**
 - 24/7 Support for Survivors of Domestic and Sexual Violence
 - 24-Hour Help Line: 1-800-828-2023
 - All Services are Free and Confidential
 - Three Rivers, MI

Private Practice therapists/Groups (for those with insurance)

- [Psychologytoday.com](https://www.psychologytoday.com)
 - Find a local therapist: filter via issue type, insurance, gender, age, price, location, etc

Local Emergency Mental Health Services

- **ISK (Integrative Services of Kalamazoo): 24-HOUR ACCESS CENTER LINE**
7 Days/Week; for Crises/All Services: (888) 373-6200 or (269) 373-6000
Provides service to: Adults with Mental Illness, People with Intellectual/Developmental Disabilities, People with Substance Use Disorders, Youth with Serious Emotional Disturbances. We also offer assistance to the family members/loved ones of those we serve.
- **Hope Network:** Crisis mental health services in West Michigan, outpatient & residential
616-301-8000
- **Network180:** 24-hour mental health crisis services in Grand Rapids 616-336-3909
- **Pine Rest:** Mental health urgent care, outpatient, and residential care 866-852-4001
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- **Holland Hospital Behavioral Health:** Mental health services, outpatient, partial-hospitalization, and inpatient care 616-355-3926

24-Hour Help Lines

- **YWCA Kalamazoo 24/7 Crisis Line**
 - Call: 269.385.3587 www.ywcakalamazoo.org
- **National Domestic Violence Hotline**
 - Call: 1.800.799.SAFE
 - TTD: 1.800.787.3224
 - Online Chat: <https://www.thehotline.org/>
 - También ofrecemos servicios en español

- **National Human Trafficking Hotline**
 - Call: 1.888.373.7888 (TTY: 711) | Text: 'START' to 88788
 - Online Chat: <https://humantraffickinghotline.org/>
 - También ofrecemos servicios en español
- **Dial Help (for mental health symptoms: anxiety, depression, hopelessness)**
 - Call: 800-562-7622 or 906-482-HELP
 - Text: 35NEEDS (906-356-3337)
 - Online Chat: <https://dialhelp.org/contact>
- **Crisis Text Line**
 - Online Chat: <https://www.crisistextline.org/>
 - Text: 'HOME' to 741741 to be connected to a free crisis counselor
 - También ofrecemos servicios en español
- **Suicide Prevention Lifeline (For Suicidal Thoughts, Plan, or Action)**
 - Chat: <https://suicidepreventionlifeline.org/chat/>
 - Call: 800-273-TALK
 - También ofrecemos servicios en español
- **Gryphon Place (local suicide prevention organization)**
 - Call 269-381-4357
 - También ofrecemos servicios en español
- **S.A.F.E. Alternatives (for self-harm)**
 - Contact 1-800-366-8288
- **Michigan Coalition to End Domestic and Sexual Violence (MCEDSV)**
 - Online chat: <https://mcedsv.org/hotline/hotline-chat/>
 - Call: 855-VOICES4
 - Text: 866-238-1454
 - TTY: 517-381-8470
- **The Trevor Project (24/7 LGBTQIA+ Support)**
 - Call: 1-866-488-7386
 - Text: 678678
 - Online Chat: <https://www.thetrevorproject.org/>
- **National Sexual Assault Helpline:**
 - 1-800-656-4673
- **Suicide and Crisis Lifeline: 988**
- **Trans Lifeline Hotline:**
 - 1-877-565-8860
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- **Michigan Peer Support Specialist Warmline (10 AM to 2 AM):**
 - 1-888-733-7753

Websites

- [Custody Peace](#)
- [National Domestic Violence Hotline](#) (Informative resources, safety planning)
- [Women's Law](#) (safety planning)
- [Safety Net Project](#) (Technology safety)
- [RAINN](#)
- [Self-Compassion Exercises by Dr. Kristin Neff](#)
- [Our Lives Safe and Strong](#): resources to help reduce intimate partner violence in the lives of people with disabilities
- [Survivor to Survivor](#): Resources regarding gender based violence
- [Survivor's Sanctuary](#) (me too Programming)

Self-Help Resources

While self-help books, online courses, and mental health apps aren't a substitute for talk therapy, they may help you manage your symptoms while you wait to see someone.

Podcasts

- **I'm Not In An Abusive Relationship- DASAS**
- **Therapy for Black Girls**
- **Latinx Therapy**
- **The Trauma Therapist**
- **Healing with David Kessler**
- **Pod Therapy**
- **The Man Enough Podcast**
- **The Happiness Lab**
- **Mind in View**

Books

- **Set Boundaries, Find Peace** by Nedra Glover Tawwab
- **Invisible Bruises** by Rachel Louise Snyder
- **The Wisdom of Your Body** by Hillary McBride
- **Recover and Rebuild Domestic Violence Workbook** by Stacie Fruedenberg
- **Know My Name** by Chanel Miller
- **The Heart of Trauma** by Bonnie Badenoch
- **Not That Bad** by Roxanne Gay
- **For the Love of Men** by Liz Plank
- **Believe Me** by Jessica Valenti and Jaclyn Friedman
- **Spilled Milk** by K.L. Randis
- **Fierce Self Compassion** by Kristin Neff
- **Why Does He Do That? : Inside the Mind of Angry and Controlling Men** by Lundy Bancroft
- **Complex PTSD: From Surviving to Thriving** by Pete Walker
- **8 Keys to Safe Trauma Recovery** by Babette Rothschild

- **It Didn't Start with You: How Inherited Trauma Shapes Who We Are and How to Break the Cycle** by Mark Wolynn
- **Invisible Chains: Overcoming Coercive Control in Your Intimate Relationship** by Lisa Aronson Fontes
- **Braving the Wilderness** by Brene Brown
- **I Thought It Was Just Me (but it isn't): Telling the Truth about Perfectionism, Inadequacy, and Power** by Brene Brown
- **Healing from Hidden Abuse: A Journey Through the Stages of Recovery from Psychological Abuse** by Shannon Thomas
- **BIFF: Quick Responses to High-Conflict People, Their Personal Attacks, Hostile Email and Social Media Meltdowns** by Bill Eddy
- **BIFF for CoParent Communication: Your Guide to Difficult Texts, Emails, and Social Media Posts** by Bill Eddy

Get access to free books through your local library. Most libraries offer an online service that allows you to download books onto your mobile device, a librarian would be happy to help you set this up!

Workbooks

- **The Courage to Heal Workbook: For Survivors of Childhood Sexual Abuse**
- **The PTSD Workbook: Simple, effective techniques for Overcoming Traumatic Stress Symptoms**
- **The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, and Distress Tolerance**
- **Retrain Your Brain: Cognitive Behavioral Therapy in 7 Weeks: A Workbook for Managing Depression and Anxiety**
- **The Cognitive Behavioral Coping Skills Workbook for PTSD: Overcome Fear and Anxiety and Reclaim Your Life**

Phone Apps

- **Calm:** Meditation & Relaxation
- **MindShift:** Cognitive Behavioral Skills & Guided Mediations
- **What's Up?:** Cognitive Behavioral Therapy & Acceptance and Commitment Therapy Techniques and Skills
- **MoveMood:** Manage Low Mood and Depression
- **Bearable:** Mental Health Symptom Tracker
- **Finch:** Self Care App
- **CalmHarm:** Track & Resist Self-Harm Urges
- **Insight Timer** (free)
- **myPlan:** Safety planning

Youtube Channels

- [Moments of Mindfulness - YouTube](#): Guided Mindfulness Activities

Breathing Exercises

Deep breathing can naturally lower stress within your body and help provide a sense of calm during anxious or stressful moments. Consider trying these four deep breathing exercises to help manage your symptoms.

Belly Breathing

Sit or lay down in a comfortable position. Rest one hand on your stomach, just below your ribs, and the other hand on your chest. Inhale deeply through your nose, allowing your stomach to expand while your chest stays still. Breathe out slowly from your mouth while you feel the air release from your stomach. Repeat this cycle for 5 minutes (or as long as you'd like)

4-7-8 Breathing

Place and keep the tip of your tongue against the ridge of tissue behind your upper front teeth for the duration of the exercise. Completely exhale through your mouth, making a "whoosh" sound. Close your mouth and inhale quietly through your nose to a mental count of four. Hold your breath for a count of seven. Exhale completely through your mouth, making a whoosh sound to a count of eight. Repeat this cycle as many times as you would like.

Box Breathing

Exhale to a count of four. Hold your lungs empty for a four-count. Inhale to a count of four. Hold the air in your lungs for a count of four. Exhale and begin the pattern again; repeat as many times as you would like.

Resonance Breathing

Lie down and close your eyes. Gently breathe in through your nose, mouth closed, for a count of six seconds. Don't fill your lungs too full of air. Exhale for six seconds, allowing your breath to leave your body slowly and gently without forcing it. Continue for up to 10 minutes. Take a few additional minutes to be still and focus on how your body feels.

54321 Grounding Method

The 54321 method is a tool that helps relieve anxiety symptoms and panic attacks. The 54321 method can be used as a practical way to calm anxiety by isolating each of your senses through observation. Using your senses is a great way to reconnect with your body when you feel overwhelmed, have difficulty concentrating, or feel anxious. Using the 54321 method, you are isolating each one of your senses and observing a certain number of things using that specific sense. Before you begin, practice some deep breathing and notice as your racing heart rate begins to slow. Don't rush this exercise as it's intended to help you become grounded and decrease your anxiety.

Focus Exercises - 54321

5. Focus On 5 Things You Can See

Noticing and naming things you can see really helps you to become focused on where you are in the moment. Sure, you could most likely name more than 5 things you can see, however, zero in on five. Notice the size, shape, and color of things you see. Mentally, take note of each one and how it relates to the rest of the environment.

4. Focus On 4 Things You Can Touch

Touch is another great way to ground yourself. Focus on things that feel comforting, such as the top of your legs, your ring, your water bottle, or your pen. Notice what you feel when you touch the four things. Notice the texture – Is it soft? Rough? Flexible or hard? Heavy or light?

3. Focus On 3 Things You Can Hear

Sound is one of those senses that have different levels of stimulation and observation. Focusing on three things you can hear, you may notice yourself noticing the loudest sounds first, such as someone talking, a car honking, or music playing. While focusing on these sounds can be helpful, they may also be part of the reason you feel overstimulated, leading you to feel anxious. Challenge yourself to listen to the quieter sounds that tend to be in the background unnoticed. This will help you to become more mindful and isolate those sounds from the rest of the environment.

2. Focus On 2 Things You Can Smell

Finding two things you can smell may be challenging, but smell is a great tool to elicit emotions, memory, and even hunger. When calming and pleasant, it can ease anxiety and improve your mood. Other smells can help you feel relaxed, promoting deeper sleep. When practicing 54321 and identifying two things you can smell, you may want to put on your favorite lotion or use hand sanitizer. You may also choose to spritz your perfume or use an essential oil. Notice if there are any other smells, such as someone's cooking that you may not have observed prior.

1. Focus On 1 Thing You Can Taste

Lastly, focus on something you can taste. Consider popping in a piece of gum or a mint, or taking a sip of your drink. Similar to the sense of smell, taste can help you bring back memories (pleasant or unpleasant). If you don't have anything nearby to create a noticeable taste, you can still be mindful of what the inside of your mouth tastes.

** Credit provided to Resilience.

**Ideas and Resources Adapted from Resilience's therapy waitlist resource packet..

RESILIENCE
ADVOCATES FOR ENDING VIOLENCE