

THE BRAIN AND BODY COALITION

Collaborating With Local
Organizations, Supporting
Communities of Color.

A MENTAL WELLNESS
ORGANIZATION

BRAINANDBODYCOALITION.ORG
(845) 293 2929



Dealing With a Mental Health Crisis?

CALL 988

Emergency Walk-In Services
(845)485-9700

Dutchess County Stabilization Center
230 North Rd

When Your Home Isn't Safe
(800)942-6906

Grace Smith House
(845)471-3033

Help Finding Resources

Call 2-1-1
A Reliable Resource Provided by The United Way



LOOKING FOR SUPPORT SERVICES FOR COMMUNITIES OF COLOR? CONTACT US

(845) 293-2929 CALL/TEXT
EMAIL US:

reply@brainandbodycoalition.org

Instead of this...

Try this.

• Mentally ill

Person living with a mental health challenge or use the diagnosis if the person prefers that language (e.g., major depressive disorder)

• Crazy/insane/disturbed

Person living with a mental health challenge/trauma

• Depressed/schizophrenic

Person living with depression/schizophrenia

• Manic-depressive

Person living with bipolar disorder

• Addict/junkie/druggie

Person living with a substance use challenge or disorder

• Alcoholic

Person living with an alcohol use challenge or disorder

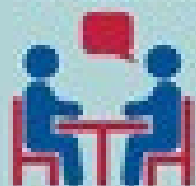
• Ex-addict/clean

Person in recovery

WARNING SIGNS OF SUICIDE:

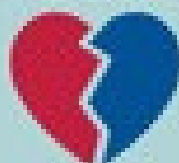
The behaviors listed below may be some of the signs that someone is thinking about suicide.

TALKING ABOUT:



- ▷ Wanting to die
- ▷ Great guilt or shame
- ▷ Being a burden to others

FEELING:



- ▷ Empty, hopeless, trapped, or having no reason to live
- ▷ Extremely sad, more anxious, agitated, or full of rage
- ▷ Unbearable emotional or physical pain

CHANGING BEHAVIOR, SUCH AS:



- ▷ Making a plan or researching ways to die
- ▷ Taking dangerous risks such as driving extremely fast
- ▷ Withdrawing from friends, saying goodbye, giving away important items, or making a will
- ▷ Displaying extreme mood swings
- ▷ Eating or sleeping more or less
- ▷ Using drugs or alcohol more often

If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

988 Suicide & Crisis Lifeline
Call or text 988
Chat at 988lifeline.org

Crisis Text Line
Text "HELLO" to 741741



NIMH National Institute
of Mental Health

www.nimh.nih.gov/suicideprevention

NIMH Identifier No. OM 22-4346



What is 988?

988 is the new, easy to remember three-digit dialing code connecting people to the **988 Suicide & Crisis Lifeline** (formerly known as the National Suicide Prevention Lifeline), where support from trained crisis counselors is available 24/7 nationwide for anyone experiencing a mental health or substance use crisis or any other emotional distress.

The 988 Suicide & Crisis Lifeline, administered by Vibrant Emotional Health and the Substance Abuse and Mental Health Services Administration (SAMHSA), is active across the United States as of July 16, 2022.

THREE WAYS TO ACCESS SUPPORT:



Call **988**



Text **988**



Chat 988lifeline.org/chat

The pre-existing Lifeline number, 800-273-8255 (TALK), will continue to function indefinitely. If a life-threatening crisis is underway (such as a suicide attempt in progress), call 911.

Numerous studies have shown that most **988 SUICIDE & CRISIS LIFELINE** callers feel significantly less depressed, less suicidal, less overwhelmed and more hopeful after speaking to a Lifeline crisis counselor.

98%

More than of Lifeline interactions are resolved without involving 911.

What do I need to know about 988?

- When you call 988, your call gets routed to a local Lifeline network crisis center based on your area code. If the local crisis center is unable to take the call, you'll be automatically routed to a national backup crisis center.
- Trained crisis counselors help you through the crisis, and if appropriate, connect you with resources in their community.
- Veterans, active military and their families can call 988 and press option 1. This process is the same as it has been in the past for Veterans; however, it's now simpler with the shortened 988 number.
- When you reach out to 988, the Lifeline crisis counselor who responds to you will know your phone number if you call/text, or your IP address if you use chat. Beyond that, they will not know who you are or where you are located. You are not required to provide any personal information to receive support from the 988 Suicide & Crisis Lifeline.
- Currently, text and chat functionality are only available in English. Phone service is available in English and Spanish, with translation services available in 250 additional languages.
- The long-term vision of 988 is to expand access to comprehensive crisis care services, offering people someone to talk to, someone to come to them and somewhere to go, as needed.
- Similar to how the 911 infrastructure developed over many years, the capacity of 988 to deploy mobile mental health crisis teams in the near term will be based on each community's current crisis care infrastructure.
- Establishment of the 988 number was an important first step, and although much work remains, 988 is already expanding access to services. The Suicide & Crisis Lifeline saw a 45% increase in overall Lifeline volume (calls, texts, chats) in August 2022 compared to August 2021.

My Mental Health: Do I Need Help?

First, determine how much your symptoms interfere with your daily life.



Do I have mild symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others



If so, here are some self-care activities that can help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.



Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm



Seek professional help:

- Psychotherapy (talk therapy)—virtual or in person; individual, group, or family
- Medications
- Brain stimulation therapies

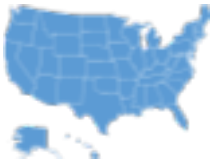
For help finding treatment, visit nimh.nih.gov/findhelp.

If you are in crisis, call or text the 988 Suicide & Crisis Lifeline at 988 or chat at 988lifeline.org, or text the Crisis Text Line (text HELLO to 741741).



5

Action Steps for Helping Someone in Emotional Pain



Suicide is a major public health concern and a leading cause of death in the United States. Suicide affects people of all ages, genders, races, and ethnicities.

Suicide is complicated and tragic, but it can be preventable. **Knowing the warning signs for suicide and how to get help can help save lives.**

Here are 5 steps you can take to #BeThe1To help someone in emotional pain:



1. ASK:

“Are you thinking about killing yourself?” It’s not an easy question but studies show that asking at-risk individuals if they are suicidal does not increase suicides or suicidal thoughts.



2. KEEP THEM SAFE:

Reducing a suicidal person’s access to highly lethal items or places is an important part of suicide prevention. While this is not always easy, asking if the at-risk person has a plan and removing or disabling the lethal means can make a difference.



3. BE THERE:

Listen carefully and learn what the individual is thinking and feeling. Research suggests acknowledging and talking about suicide may in fact reduce rather than increase suicidal thoughts.



4. HELP THEM CONNECT:

Save the 988 Suicide & Crisis Lifeline number (**call or text 988**) and the Crisis Text Line number (**741741**) in your phone so they’re there if you need them. You can also help make a connection with a trusted individual like a family member, friend, spiritual advisor, or mental health professional.



5. STAY CONNECTED:

Staying in touch after a crisis or after being discharged from care can make a difference. Studies have shown the number of suicide deaths goes down when someone follows up with the at-risk person.

For more information on suicide prevention:
www.nimh.nih.gov/suicideprevention
www.bethe1to.com

In Dutchess County Dial 988 if concern of
danger dial 911 and ask for a crisis
intervention trained officer. Visit
www.brainandbodycoalition.org for more
information.

Culturally Relevant Resources

1. The Brain and Body Coalition- Visit our BIPOC tab:

- Website: www.brainandbodycoalition.org
- Provides resources and training for youth and their supporters taking a proactive approach to mental health.

2. Crisis Text Line:

- Text "HOME" to 741741
- Offers free, confidential support 24/7 via text message for anyone in crisis.

3. The Steve Fund:

- Website: www.stevelfund.org
- Focuses on supporting the mental health and emotional well-being of students of color.

4. Therapy for Black Girls:

- Website: www.therapyforblackgirls.com
- Offers a directory of therapists and resources specifically for Black women and girls.

5. Latinx Therapy:

- Website: www.latinxtherapy.com
- Provides culturally competent mental health resources and a therapist directory for the Latinx community.

6. Asian Mental Health Collective:

- Website: www.asianmhc.org
- Offers mental health resources, articles, and support groups for Asian communities.

7. National Queer and Trans Therapists of Color Network (NQTTCN):

- Website: www.nqttcn.com
- Connects queer and trans people of color to therapists and healing resources.

8. Native American Lifelines:

- Website: www.nativeamericanlifelines.org
- Provides culturally sensitive health and wellness services for Native American communities.

9. Urban Indian Health Institute:

- Website: www.uihi.org
- Offers resources and research on health disparities affecting urban Native American populations.

10. WeRNative:

- Website: www.wernative.org - Provides health resources and support for Native American youth, including mental health topics.

Things to Consider When Selecting a Therapist



Cultural Competence

Is the therapist race, ethnic or gender important to you? Do you want someone with the same background as you? Should they speak the same language as you?

In-Person or Virtual

Do you feel more comfortable having personal conversations in-person or virtually (through your phone or computer)?



Group Session or One-on-One

Are you more comfortable speaking about your experiences without others present? Or, do you feel better sharing as a part of a group settings?

Type of Therapy You Want

Are you interested in the relationship between your behavior and thoughts or feelings? That's CBT. Are you more focused on your relationship with others? That's Interpersonal Therapy. Ask the therapist which form of therapy they practice.



Resources

For a list of Culturally competent Providers visit www.brainandbodycoalition.org.
For more information on therapy, anxiety and depression, visit www.adaa.org

(845)293 2929

reply@brainandbodycoalition.org

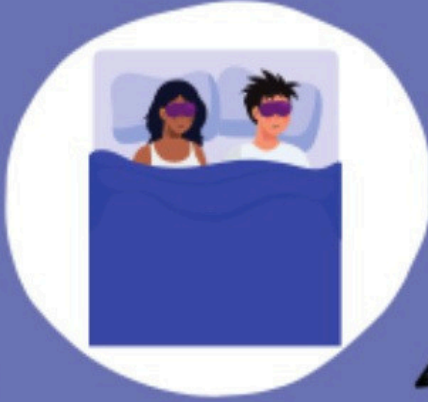


ADAA

SIGNS OF DEPRESSION

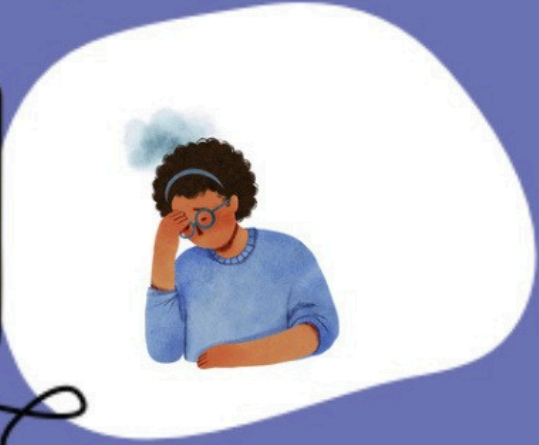
In the community, negative stigmas can be reinforced that tend to associate depression with weakness. However, it's important to be able to distinguish signs of depression from other daily emotions. Here are signs to look for when determining whether you or someone you know who might be struggling with depression:

1. FEELINGS OF SADNESS AND OR HOPELESSNESS LASTING CONSISTENTLY FOR MORE THAN TWO WEEKS



2. SLEEPING TOO LONG OR TOO LITTLE

3. DIFFICULTLY CONCENTRATING OR MAKING DECISIONS



LOSS OF INTEREST IN PERSONAL HOBBIES OR ACTIVITIES

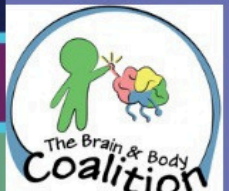
HOW DEPRESSION CAN SOUND:

"I really don't care to do anything today..." "I know we had plans, but I can't seem to get myself out of this funk...."

YOU MATTER

Text. Call. Chat.

845.293.2929



988 SUICIDE & CRISIS LIFELINE



Supporting Communities Of Color

RECOGNIZING ANXIETY + DEPRESSION IN THE BLACK COMMUNITY:

Anxiety can carry negative stigmas and can go underdiagnosed and undertreated in the Black community. Even though there are many forms of an anxiety disorder, like panic disorders and social phobia, one of the main anxiety disorders that often impacts the Black community is post-traumatic stress disorder (PTSD). PTSD often occurs when you have experienced or witnessed terrifying events like racial trauma and death. Here are a few signs to look for when determining whether you or someone you know might be struggling with PTSD.

SIGNS OF ANXIETY

1. DIFFICULTY EXPERIENCING POSITIVE EMOTIONS OR FEELING EMOTIONALLY NUMB



2.

AVOIDING PLACES, ACTIVITIES OR PEOPLE THAT REMIND YOU OF THE TRAUMATIC EVENT OR HOPELESSNESS ABOUT THE FUTURE

3.

FEELING DETACHED FROM FAMILY AND FRIENDS OR ALWAYS BEING ON GUARD FOR DANGER



4.

FLASHBACKS OR RELIVING THE TRAUMATIC EVENT OR UPSETTING DREAMS OR NIGHTMARES ABOUT THE TRAUMATIC EVENT

HOW ANXIETY CAN SOUND:

"I'm very nervous about..."
 "Every time I see... I feel uneasy"
 "I don't like talking about... it makes me feel uncomfortable"

RESOURCES

www.brainandbodycoalition.org
www.adaa.org



THE BRAIN AND BODY COALITION STRIVE TO SUPPORT THE WELLNESS OF THE BIPOC COMMUNITY. WE KNOW THAT WELLNESS CAN LOOK DIFFERENT FOR EVERYONE BUT HAVING ACCESS TO CULTURALLY INFORMED, QUALITY MENTAL HEALTH SERVICES CAN HELP YOU STAY WELL.

PLEASE FIND SPECIFIC MENTAL HEALTH RESOURCES FOR THE BIPOC COMMUNITY BELOW.

DCN MENTAL HEALTH COUNSELING

A safe strength based space for children and adolescents. EMDR trained Mental Health Counselor. Daisha will help you learn coping skills and build confidence. Process trauma, adjust to life transition. Multiple Payment Options.

DCNMENTALHEALTH.COM

(845)723-1283

DR. SYEDA HASSAN

Dutchess/Surrounding counties. Children & Adolescent Psychiatry
Virtual only via the Kareo system Accepts Multiple insurances
Medicare / private
Multi-Lingual
English /Urdu/Spanish
She/her
Incredible office staff
(845) 463-2896

HUDSON VALLEY DYNAMIC COUNSELING

HVDC provides mental health counseling/psychotherapy to individuals and families in need of services for emotional, psychological, stress, trauma, anxiety, grief, domestic abuse, and anger management.

Two providers on site:

She/Her He/Him

Public and Private Insurance Accepted - full list on website

HVDC.BIZ

845-473-7500

AMIRA MARTIN

www.AmiraforHer.com
Amira openly talks about the impact of race, racism, colorism, and sexism in with clients. Amira works to provide many of the things lacking in the therapy people of color receive. This is done in clinically informed and affirmative way. Amira offers access to a Network of Providers.

CHARLES COLCLOUGH

Clinical Psychotherapist with over 18 years of experience working with patient to improve their overall wellness. Accepts multiple insurances. Public/Private
In person / telemedicine
Identifies Male of Color
(646) 798-9832

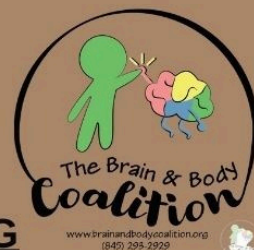
CHAMELL WILSON

CLINICAL SOCIALWORK
LMSW/MSW SHE/HER
Location: Lagrangeville
Telemedicine Only
(845)379-9022

Remember to download the national BIPOC resource guide! in it you will find more resources and media

All providers are actively taking new clients

WWW.BRAINANDBODYCOALITION.ORG



• - Indicates more than one language

JONATHAN DYCKMAN PMHNP-BC

(845) 808-9671

Insurance accepted

Identifies as Male

Specializes in ADHD,
Anxiety, Depression and
Bipolar Disorder

In office / telehealth

INSPIRED COUNSELING SERVICES LLC

Specializes in :PTSD,
Depressive disorders, Anxiety
disorders, Alcohol and Drug
addictions, Trauma, Sexual
and Physical Abuse, Anger
Management, and Personality
Disorders. LOCATION :

POUGHKEEPSIE / VIRTUAL

MULTIPLE PAY OPTIONS

(845)653-3059

InspiredCounselingServices.com *

SAMARIA GRAY, LMSW

She/Her/Hers - In person /
Virtual. Specializes in young
adults and empowering teens

CBT and Art Therapy

POC

Located Poughkeepsie NY

Sliding Scale

(845) 605-2999

JESSE LEE HINTON

Identifies Black Male
Clinical Social work/
Therapist

In person/Virtual

Liberty NY (845) 237- 3875

Multiple Insurance Options

JERONICA DIGBY

Triple board certified in
Psychiatry, Addiction
Psychiatry and Addiction
Medicine. Recovery Focused .

Identifies : African American

Location: West Point /
Telemedicine

(845) 637-3365

COMPASS WELLNESS

10+ providers and therapist

In person and virtual.

Diverse staff, Handicap

Accesible, Parking,

Weekend hours available,

multiple payment options,

multiple treatment

modalities.

(845) 605-2999

Call or text *

ASTOR SERVICES

Multiple Providers /
Multilingual/ Insurance
options. Children, adolescents
and their families. These

program are in-home,
community-based, and site-
based programs. No one will

be denied access to service
due to inability to pay, and a
discounted/sliding fee
schedule is available.

Location: (845)871-1000

AstorServices.org *

CLEARWAVE MENTAL HEALTH

*Multiple Providers on Site
Multiple Insurance Options
Psychiatric and Therapy
Services

With Board-Certified
Psychiatrists, Psychiatric
Nurse Practitioners and
Licensed Clinical Social
Workers.

TMS Therapy

A non-invasive FDA-cleared
treatment that has been
proven to be safe and
effective for treating
symptoms of depression and
other mental illnesses.

(845)471-1807

Clearwave.com

SIERRA COUNSELING

Clinical Social Work
Therapist

Identifies : Woman of Color
Specializes - Anxiety

Depression/ Bipolar

Insurance/ Multiple

Payment Options

Pleasant Valley, NY 1256

(845) 244-478

SierraCounseling.com

BIPOC RESOURCES

If seeking additional
resources visit
brainandbodycoalition
on.org and click on
national BIPOC
resource guide

TEAMER COUNSELING

Specializes in Anxiety/
Depression and CBT. Works
with Children and Adults.
Currently accepting adult
clients, with an active wait
list for children.

5 Providers on site : LGBTQ /
She/ Her/ They/Them/ He/
Him

Identifies multi cultural
LOCATION: POUGHKEEPSIE/
VIRTUAL. SELF PAY VIA
SIMPLE PRACTICE
(845)206-4046

www.teamercounseling.com
info@teamercounseling.com

INSPIRED COUNSELING SERVICES LLC

Specializes in :PTSD,
Depressive disorders, Anxiety
disorders, Alcohol and Drug
addictions, Trauma, Sexual
and Physical Abuse, Anger
Management, and Personality
Disorders. LOCATION :
POUGHKEEPSIE / VIRTUAL
MULTIPLE PAY OPTIONS
(845)653-3059

InspiredCounselingServices

NICOLE WONG

Licensed Master Social Worker.
Specialized in trauma/ anti
violence/ sexual assault.
Trauma informed, great for all
ages.

Self- Pay

Multiple Providers On-Site
(845)-206-4046

info@teamercounseling.com

KAILEEN DUNCAN

OFFERS LOW COST SLIDING
SCALE OPTION
(She/Her/Hers)

P.O.C -

CMHC-1 Works well with
children and young adults.

Uses play therapy,
mindfulness, and DBT

Located at Compass Wellness

24 Davis Poughkeepsie

(845) 605-2999

DUTCHESS COUNTY STABILIZATION CENTER

The Center is open

24 hours a day,

7 days a week,

365 days a year.

Just walk in anytime –
day or night.

No appointment
or referral needed!

230 North Road

Poughkeepsie

[DutchessCountyStabiliza
tionServices](http://DutchessCountyStabilizationServices)

Walk-in Narcan training
offered

CHRISTOPHER ST. GERMAIN

Licensed Clinical Psychologist

Areas of specialization include

anxiety, couples work, identity

development, and LGBTQ/
Sexuality and gender concerns. CBT

St.GermainPsychology@gmail.com

(845)232-1377

www.drchrisstgermain.com

IRENA ILIEVA, PH.D.

Specializes in (CBT) for
depression, anxiety,
obsessive-compulsive
disorders and trauma- and
stressor-related
conditions. THIS PROVIDER

IS PRIVATE PAY ONLY.

Multiple Amazing
Providers on site all private
pay.

Location: White Plains/
Telemed (617)515-7645

Irenallieva

HAMPTON HEALTH

Family owned practice

Identify She/Her & He/Him

BIPOC

Offering a

collaborative, holistic and
integrative practice focusing

on the mind, body and soul
therefore giving you the best

whole-person tailored plan
of care for optimal results.

(845) 337-1333

Great Customer Services

Minimal Wait

TANIA N. BARRERAS- CRUZ, MD PSYCHIATRY

Nuvance Health

Medical Practices

Behavioral Health

Poughkeepsie

21 Reade Place, Suite 1100

Poughkeepsie, NY 12601

Bilingual

TaniaNBarreras-Cruz

TELE-MEDICINE & NETWORKS

THE STEVE FUND

The Steve Fund's mission is to promote the mental health and emotional well-being of young people of color.

[TheSteveFund](http://TheSteveFund.org)

SAMHAA

South Asian Mental Health Alliance (SAMHAA) is a new non-profit community network engaging, educating and mobilizing the BC South Asian community around issues related to mental health.

[SAMHAA](http://SAMHAA.org)

THE TREVOR PROJECT

The Trevor Project is the world's largest suicide prevention and crisis intervention organization for LGBTQ young people. If you are in crisis, feeling suicidal or need a safe and judgment-free place to talk 24/7 call The Trevor Lifeline 1-866-488-7386

[TrevorProject](http://TrevorProject.org)

THERAPY FOR BLACK GIRLS

Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls.

[TherapyforBlackGirls](http://TherapyforBlackGirls.org)

THERAPY FOR LATINX

Therapy for Latinx is a national mental health resource for the Latinx community that provides resources for Latinx community to heal, thrive, and become advocates for their own mental health.

[TherapyforLatinx](http://TherapyforLatinx.org)

WERNATIVE

WeRNative is a 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.

[WeRNative](http://WeRNative.org)

FAMILY SERVICES

This office provide 24/7 victim services

For Ellenville County Behavioral center, call 845.486.2703 Option 4
W: 9:30 am - 6:30 pm

24 hrs hotlines

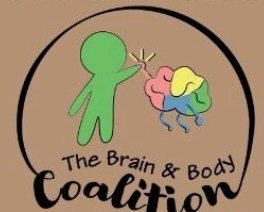
- Crisis Prevention: 845.338.2370
- Rape Crisis & Crime Victims (845)452-7272
- Domestic Violence (845)485-5550
- Chat Line Text (845)583-0800

FAMILY OF ELLENVILLE

Provides emergency short-term counseling; access to Adult, Adolescent, and Domestic Violence Case Management, Child Care, and Emergency Housing Services.
0221 Canal Street
Ellenville, NY 12428
(845) 647-2443
Available through hotline 24 hours in emergencies

STEP ONE

Step One is certified by the New York State Office of Alcohol and Substance Abuse Services,
Call the helpline at 1-877-435-7410



PRESCRIBERS

WEILL CORNELL PSYCHIATRY NEWYORK- PRESBYTERIAN WESTCHESTER BEHAVIORAL HEALTH

Outpatient providers. Private Pay Only through internal system. This office offers a variety of 20+ Culturally Competent Trained and Diverse Providers. Excellent reception staff as well. 21 Bloomingdale Road, White Plains, NY 10605 (914)997-4875 WeillCornellPsychiatry

ORENDA PSYCHIATRY

Marcia Jarvis : Psychiatric Mental Health Nurse Practitioner 15+ years experience
Location: Lagrangeville / telemedicine
(347)493-2247

HUGH MCKENZIE PNP

Identifies Black Male
Practicing over 20 years
Focus on Optimal Health and Wellness.
Multiple Insurance/Pay Options
Location: Newburgh/Online
(845)704-1262
HughMcKenzie

ANN RODRIGUEZ

Psychiatric Nurse Practitioner
Fishkill Ny
(914) 825-4376
Identifies She/Her
Handicap Accesible
In person/ Virtual
Multiple Insurance Accepted

KARINA SANTIBANEZ

PMHNP
Specializes in child and adolescent psychiatry. 10 years+ expierience with a variety of settings.
Location: Mahopac
(845) 210-9345
KarinaSantibanez

BABATUNDE E. ASEMOTA

Adult Psychiatry
Specializes in Anxiety / Trauma/ Bipolar
Multiple Providers on site
Identifies: Nigerian
Location : White Plains NY
(914) 997-8674
BabatundeEAsemota

JEANEAN AMING

Licensed Family Nurse Practitioner. Multiple specialties. Familiar with Dutchess County supports and services. Location: Fishkill (845) 237-3823

DEBRA MAYERS

Psychiatric Nurse Practitioner -evaluation and medication management to patients in the military and civilians diagnosed with anxiety, panic disorder, depression, sleep disorder, ADHD, Insomnia, PTSD.
Identifies: Black/ African American She/Her
Private Pay / Sliding Scale
Location: Middletown/ Telemedicine
(845)238-8853
DebraMayers

MIND BODY SOUL PSYCH

Collective of treatment options.
Four step program to help individual develop the best possible treatment plan. Great option for whole health
Brain and Body Approach!
Visit site for more details. Insurance accepted.
MindBodySoulPsych





LEARN ABOUT BLACK HISTORY. LEARN ABOUT YOUR HISTORY. LEARN ABOUT RESOURCES AND OPPORTUNITIES.

FREE* FAMILY*FOOD*MUSIC*PRIZES



Join Us. Know More

SATURDAY FEBRUARY 1ST

SAVE THE DATE!!!!!!



MENTAL HEALTH & MOVEMENT

EDUCATION & CAREER ALTERNATIVES

COMMUNITY PROGRAMS & FREE SERVICES

"In the Know" An Opportunity For Growth

- *Meet Local Mental Health Organizations
- *Learn Coping Skills
- *Receive Express Trainings

- *Resume building
- *Internships
- *College & Alternatives
- *Trade Schools

- *Youth and Family Programs
- *scholarships
- *Job Opportunities
- *Learn about Unions
- *Financial Literacy

- *Art programs
- *Food Pantries
- *Childcare
- *Healthcare

- *Giveaways!
- *Meet local Buisnesses
- *Wellness

In the Know

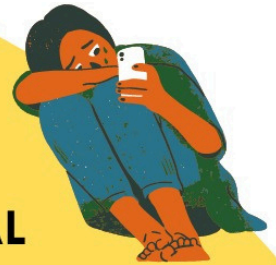
For more information Call (845) 293- 2929 or to become a vendor please Email. : BRAINANDBODYEVENTS@gmail.com

Sponsored by:The Brain and Body Coalition AND The Marist Liberty Partnership Program



It Is What It Is

Taught By Peers. Tailored For You.



GAIN BASIC UNDERSTANDING OF MENTAL HEALTH CONDITIONS.

LEARN HOW CULTURE AFFECTS TREATMENT AND ACCESS TO SERVICES.

INCREASE KNOWLEDGE OF WELLNESS AND COPING SKILLS.

CANDID OPEN DIALOGUE IN A SAFE SPACE

LEARN ABOUT LOCAL RESOURCES AVAILABLE TO YOU





THE BRAIN AND BODY COALITION SIGNATURE

It Is What It Is: Breaking the Barriers of Stigma

A custom workshop tailored to your needs.

Reach out to book and modify your session today.

TAILORED

TAILORED. SPECIFIC. RELEVANT.
 WE TAILOR OUR WORKSHOPS SPECIFICALLY TO YOU. WE UNDERSTAND THAT DIFFERENT GROUPS HAVE DIFFERENT DYNAMICS WHICH MEANS THERE ARE DIFFERENT NEEDS.

TRAINERS

TRAINERS. SPEAKERS. FACILITATORS.
 EACH WORKSHOP AND TRAINING FEATURES RELEVANT TRAINERS AND FACILITATORS THAT HAVE LIVED OR CLINICAL EXPERIENCE. LEADING TO A DYNAMIC PRESENTATION.

TOPICS

TIMELY. EVIDENCE BASED
 OUR WORKSHOPS AND TRAININGS ARE CERTIFIED, NATIONALLY AND LOCALLY RECOGNIZED. COVERING TOPICS FROM MINDFULNESS, MENTAL HEALTH EDUCATION, SUICIDE PREVENTION AND MUCH MORE.

RESULTS

CONVERSATIONS. RESOURCES. COLLABORATION.
 YOU WILL BE BETTER EQUIPPED TO NAVIGATE DIALOGUE ABOUT MENTAL HEALTH CONDITIONS. BECOME A CERTIFIED RESPONDER. GAIN UNDERSTANDING OF THE BRAINBODY CONNECTION.



CONTACT US



845-293-2929



WWW.BRAINANDBODYCOALITION.ORG



REPLY@BRAINANDBODYCOALITION.ORG

THE BRAIN AND BODY COALITION TOOLKIT

DOWNLOAD OUR TOOLKIT MONTHLY FOR RESOURCES AND EVENTS

This toolkit is created to keep you up to date and to create accessible and downloadable culturally competent resources and information. Check back for updates.

Supporting Communities Of Color

Serving Dutchess, Ulster and Orange County

OUR COMMITMENT

LANGUAGE: GET INDIVIDUALS TO UNDERSTAND THAT CHANGING THEIR LANGUAGE HELPS BREAK DOWN BARRIERS TO STIGMA AND BARRIERS TO TREATMENT

TOOLS: CONDUCT TRAININGS, AND WORKSHOPS SO YOU CAN BE BETTER EQUIPPED TO HELP A LOVED ONE.

WELLNESS: PROVIDE SCHOOLS, BUSINESSES, AND ORGANIZATIONS WITH PROGRAMS, TRAININGS, AND TECHNIQUES TO GET WELL AND STAY WELL.

OUR GOAL: SUPPORT THE BIPOC COMMUNITY. SUPPORT OUR CHILDREN AND GIVE THE SUPPORT AND TOOLS TO THOSE AROUND THEM.



Supporting Our Communities Mental Wellness
WWW.BRAINANDBODYCOALITION.ORG Reply@BRAINANDBODYCOALITION.ORG

About

The Brain and Body Coalition is a leading Mental Wellness organization dedicated to serving communities of color. Founded by Heather Ann Pitcher, a highly qualified professional with multiple certifications, including being a New York State Certified Peer Specialist, Wellness Coach, and Mental Health Educator.

At The Brain and Body Coalition, our mission is to provide comprehensive support to individuals, families, and communities in their journey towards mental and emotional well-being. Through a range of services including trainings, advocacy, and our signature workshop titled "It Is What It Is," we aim to empower individuals to take control of their mental health and work towards a better quality of life.

Our team consists of highly experienced staff members who bring their own unique perspectives and lived experience to their roles. These individuals not only facilitate dynamic workshops but are also available as keynote speakers, ensuring that their expertise is widely shared. We firmly believe in the value of collaboration, which is why we actively seek partnerships with agencies and corporations in Dutchess, Ulster, Orange, and Westchester County.

The Brain and Body Coalition recognizes the importance of tailored support for different communities. That's why our signature workshop, "It Is What It Is," is specifically designed to meet the needs of the group receiving it. By understanding the unique challenges and strengths of each community, we ensure that our services are effective and impactful.

Through our dedication, expertise, and collaborative approach, The Brain and Body Coalition is making a significant difference in the mental wellness of communities of color. We are committed to breaking down barriers, promoting mental health awareness, and fostering a society where individuals can thrive emotionally and mentally. Together, we can build a brighter and healthier future for everyone.

The Brain and Body Coalition
A Mental Wellness Organization Supporting the BIPOC Community
Dutchess * Ulster * Orange* Westchester County
(845)293-2929