

THE
 **DanversCARES**
CONNECTION

A newsletter connecting you with healthy and inclusive resources in our community



Our favorite quick tips

Focus on what you can control: going for a walk, talking to a friend, eating well. Not the news.

Push out negative thought patterns with a **positive mantra** before you go to sleep

Stay present; practice grounding techniques: Identify 1 thing you can see, hear, taste, smell, and feel.

Reach out to a professional to talk about it. Read below for more information!

MANAGING YOUR MENTAL HEALTH DURING THE PANDEMIC

by DanversCARES

DanversCARES is an organization that strives to promote healthy decision making, because our health holds the greatest value.

Throughout the course of this pandemic, our health and well being has been challenged physically, socially, and mentally. Amidst the public health crisis, our community has collectively grieved alongside Black Americans who have faced racism, trauma and injustices. We have faced joblessness, the loss of loved ones, and extreme isolation and loneliness.

How can we support our amazing community of Danvers during these difficult times? In this newsletter, we share resources for mental health, social emotional learning, equity, homelessness, and food insecurity. Please continue to share these resources with your neighbors and please continue to ask your friends how they are doing. You never know who may need a friend to listen and provide support.

MENTAL HEALTH ACCESS

Therapist Directories

When searching for a therapist, the right fit is very important. Actually, research has shown that your relationship with your therapist is the MOST important factor associated with the success of your treatment. Filter by therapy type, issues, style, background, location, etc.

PsychologyToday.com

Click on the link below to access Innopsych's therapist directory which can match you with a therapist of color. Check out their webinars, Covid-19 programming, and posts about changing the face of therapy and mental health.

Innopsych.com

Mental Health Navigator

If you need assistance navigating insurance, making phone calls to check availability, or other logistics, please call the Mental Health Navigator at the number below for FREE assistance. This service is available to anyone on the North Shore.

Call 781-540-3329



MassSupport

Call [MassSupport](#) for emotional support, coping strategies, resources, and up-to-date, factual information.

Call 888-215-4920



HandHold

It's so hard for parents to tell the difference between when their kid is just having a bad day, or when their child might be struggling with a more serious challenge to their mental health.

Handhold is an organization developed by mental health and child development experts in partnership with parents who have gone through what you are going through. They help you learn what steps to take to care for your child's mental health and emotional well-being. Start by answering the questions below:

"Should I Worry?"

SOCIAL EMOTIONAL LEARNING

Social Emotional Learning promotes positive mental health by fostering students' ability to identify emotions and advocate for themselves and others. SEL is especially important since there are many people who need strong allies to support a more inclusive community. SEL can be learned and practiced anywhere by anyone such as in the classroom or at home.

SEL lessons for families

SEL skills help students feel supported so they can practice empathy, share their point of view, and have important conversations with family and peers. To learn about SEL skills and strategies each week, follow us on social media at:

DanversCARES 

HOMELESSNESS AND FOOD INSECURITY

Residential Assistance for Families in Transition

There is a homelessness prevention program called "RAFT" which provides resources of up to \$4,000.00 a year. This money can be used to help with moving costs, rent, utility, and security deposits and keep your family housed.

Apply for assistance

Danvers Food Pantry

The Pantry is open on Tuesdays and Thursdays from 9am to 12pm and alternating Wednesdays from 4pm to 6pm for pick-up of groceries if you are a registered participant. If you have not registered, please call:

Call 978-739-4188



DPS Free Lunch Program

All Danvers students qualify for the free lunch program through the end of the 2020-2021 school year. Lunches can be delivered to your home or picked up at DHS daily from 10:00-11:00 AM. Order with the link above!

Place your Order