

RESOURCE GUIDE

Have you been impacted by the event at Antioch Highschool?

No one should have to face this event alone.

Any instance of violence that creates fear to harm you or those you love can have devastating impacts on your mental, physical, and emotional health.



There is help available!

It's OK to not be OK.

There are services to help you and those your community. Here you will see a list of mental health providers who are offering services specifically to those impacted by the incident at Antioch High School.

Do you need additional help or support but are limited by cost?

You can utilize these organizations who are offering FREE counseling to those directly impacted by this event.

Solid Roots Therapy

<https://www.solidrootstherapy.com>

Email: solidrootstherapy@gmail.com

Counseling offered for youth, adults, teachers, school staff, responders
 Free (up to 12 sessions)
 English and Telehealth only

Resolve Counseling Group

<https://www.resolve-counseling.com>

Contact: 615-900-4008

Counseling for adolescents & adults in EMDR, Brainspotting, or traditional therapies
 4 free sessions then \$20/session

Casey Flow Therapy

<https://www.caseyflowtherapy.com>

Contact: 803-720-9504

Counseling for children 10-18 and adult women in person or virtual.
 Trained in EMDR
 2 free sessions then sliding scale

Family and Children Services

<https://www.fcsnashville.org>

Contact: 615-844-4183

Brief Crisis intervention counseling (Short term counseling) in English
 Services are offered free of charge.

Willow Counseling

Admin@willowcounseling.org

Contact: 615-235-3508

EMDR- RTEP protocol 1 to 6 sessions free for students 13 to 18 and staff members.

Lipscomb Family Therapy

<https://lipscomb.edu/about/offices-and-services/lipscomb-family-therapy-center>

Contact: 615-966-5300

12 free therapy sessions to and significantly reduced fees are available if necessary.

Tri-Synergy Counseling

www.tri-synergycounselingtn.com

Contact: Victoria Valdez, LMFT

Counseling for children 3 and up, teens, adults, families, and couples

Sliding scale: \$0-175

Hampton House Counseling

Contact:
sabrina@hamptonhousecounseling.com

Counseling for children 3 and up, teens, adults, families, and couples
 Fee: \$0-\$150 based on financial need
 Languages: English, Spanish, Gujarati, Hindi

The Grief Center

Contact:
info@thegriefcenterheals.org

Individual counseling sessions, grief processing groups, and crisis debriefings for ages 14 and up.
 Payment: Insurance (no Medicare).
 First two sessions are free.

Replenish Counseling

replenishhere.com

Contact: 615-258-5557

Counseling for children 6 and up, adults, families, and couples as well as unique services like art and music therapy. First three sessions free then sliding scale (\$40-160)

Mental Health Cooperative

<https://www.mhc-tn.org/>

Contact: Kenya Adams, 615-743-1427

Counseling for teens or adults
 Fee: based on financial need

Languages: English, Spanish,

Understanding Self

www.understandingself.me

Contact: kelly@understandingself.me

Located in Nolensville- Offers art therapy and counseling for 12+. One spot available for 3 free sessions. Private pay \$170/session with sliding scale available.

Additional Counseling Support Services Available

There are other organizations trained to help who offer a wide variety of languages, pay scales, and therapy modalities.

Cedar Tree Wellness Center

www.cedartree.center

Contact : 615-301-8431

Individual and family counseling for children ages 6+ and adults, offered in English, Kurdish, and Arabic.
 Private pay range from \$50-130 with limited sliding scale slots available.

Lumina Therapy

www.lumina-therapy.com

Contact : 615-538-8027

Income based sliding scale (starts at \$85-135) Counseling for teens (13 and up), adults, families, and couples.

Languages: English and Spanish.

Nashville Counseling Assoc.

www.nashville-counseling.com

Contact:
Shannon@nashville-counseling.com

Trauma counseling for children and adolescents \$50-70/session but some will offer free or sliding scale.

Para más información en español, envíe un correo electrónico a:

valerie.craig@tnvoicesforvictims.org

Hampton House Counseling

Contact:
sabrina@hamptonhousecounseling.com

Counseling for children 3 and up, teens, adults, families, and couples
 Fee: \$0-\$150 based on financial need
 Languages: English, Spanish, Gujarati, Hindi

لمزيد من المعلومات باللغة العربية، يرجى مراسلتنا على البريد الإلكتروني

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Additional Counseling Support Services Available

There are other organizations trained to help who offer a wide variety of languages, pay scales, and therapy modalities.

Nurtured Soul Counseling
<https://nurturedsoulcounseling.com/>

Contact: 615-205-9943

Counseling for youth ages 12-17 or adults in EMDR/Brainspotting.

For clients who do not have insurance they will offer a reduced fee of \$40 for up to 6 sessions.

Madolyn Statler
<https://growtherapy.com/>

Contact: MStatlerLCSW@gmail.com

Counseling for teens in trauma and crisis. First three sessions reduced to \$60 per session then will be \$99 per session. All telehealth.

Evenings and Saturdays available.

Jade Wiggins Counseling
www.jadewigginscounseling.org

Contact: Brittney Rahn

Counseling for children and adults 10+ years. Specializes in LGBTQ+ and currently only able to provide therapy in English.

\$50/session

SheBlooms
www.she-blooms.com

Contact: 615-861-9706

Counseling for teen girls and young women.

Accepts insurance and offers services in English only currently.

New Directions Wellness
www.newdirectionswc.com

Contact: 615-601-0580

Counseling for those aged 5-65. LGBTQ+ affirming. Evening and weekend availability.

Accepts insurance or self pay from \$100-\$150.

Abby Myers
www.abbymyersmft.com

Contact: abby@abbymyersmft.com

Counseling for teens and adults and has responded to mass tragedy scenes in the past.

Accepts insurance and offers services in English only currently.

Other Helpful Tips to Manage Stress, Anxiety, and Depression

Feeling on edge, sad, worried, or even frightened after an event like this is normal! The following can help boost your mood and recovery:

Call a friend or family member for support.



Find someone you love and trust to call and process how you're feeling!

Prayers, chants, or meditation.



Utilizing religious/spiritual practices can help us feel more calm, connected, and grounded.

This also helps ease anxiety.

Schedule a fun activity.



Whether it's riding a bike, playing boardgames, or to seeing a movie, doing something fun can help us feel happier!

Practice Mindful Breathing.



Google ways to practice mindful breathing. This exercise will help you feel calmer instantly.

Try the 5-4-3-2-1 Method
If you're feeling anxious this method can help! To do this find:

- 5- Name five things you can see
- 4- Name four things you can touch
- 3- Listen for three things you can hear
- 2- Name two things you can smell
- 1- Name one thing you can taste

Afterwards notice the shift in your mind and body!

Go for a walk or exercise.



Getting out in nature boosts our mood and helps us feel more grounded. Exercise boosts our endorphins and is as effective as antidepressants!

Maintain a normal schedule.



Trying to maintain a normal schedule helps us to rebuild a sense of safety and security!

Eat healthy, nourishing foods.



Your body has been through a lot! Replenish it by providing it with foods rich in vitamins and minerals to help you recover!

Listen to music.



Listening to music can improve your emotional health by reducing anxiety, depression, and even pain!

You can also call the following numbers to get a crisis counselor immediately:

Suicide Hotline:

Dial, text, or chat 988 on your phone if you are feeling overwhelmed and need immediate help.

The services are confidential and offers mental health support.

Mobile Crisis Services:

Call 855-CRISIS-1 and you will be routed to a trained crisis specialist in your area.

Services include: assessments and referrals for mental health support.

SAMHSA:

Call 800-622-HELP and you will be connected to their hotline that helps with confidential and free support around substance abuse or mental health services.

If none of these resonate, or you feel like you need more specialized help, please reach out to **TN Voices for Victims** at either: **615-390-5202** or **valerie.craig@tnvoicesforvictims.org**