**TEMPLATE: AGENCY- & COMMUNITY-BASED MENTAL HEALTH & WELLNESS RESOURCES**

We encourage you to use the template below to offer employees and volunteers options for agency-and community-based mental health and wellness supports, in addition to the other resources listed in TCFV’s Advocate Mental Health & Wellness Guide.

Please feel free to adjust the opening statement to fit your agency’s mission, values, and needs. Sections highlighted in yellow are areas where you can add in content specific to your agency and community.

**AGENCY- & COMMUNITY-BASED MENTAL HEALTH & WELLNESS RESOURCES**\_\_\_\_\_\_\_\_\_

[Agency Name] recognizes the important and unique role you have as an advocate and realizes that there are significant challenges in this work, including trauma exposure. We also know that many advocates across the state and nation are themselves survivors, who passionately and courageously help form the backbone of this movement. For advocates who identify as Black, Indigenous or people of color (BIPOC), we know that experiences of racism, microaggression, discrimination and bias are all too common and adversely impact one’s holistic wellbeing. We all need support and care as we navigate our work and [Agency Name] wants to support you as best we can.

Our hope is that the agency- and community-based resources listed below will provide you with options to support your mental health and wellness, in addition to the other resources in TCFV’s Advocate Mental Health & Wellness Guide. [Agency Name] sought to provide a useful list of supports and resources, but if you do not find what you need or would like to talk to someone in more detail about your needs, please speak to [list who could be contacted, such as a supervisor, HR representative or other designated person in the agency who can guide employees towards supportive resources].

Supports Offered at [Agency Name]

* [List supports or services offered through your agency, which could include things like a workplace violence policy (including policies that apply if a staff or volunteer is currently experiencing violence, if your agency has one), peer support groups, individual or group supervision sessions, supports offered through an Employee Assistance Program, trauma-informed yoga classes, meditation /relaxation /exercise /calming space offered at your agency, etc.]

Supports Offered in the Community

* [List local counseling services or support group options, including services that focus on secondary traumatic stress and burnout, if possible, and any options that specifically serve BIPOC and/or LGBTQ+ clients, or clients of other communities of people who experience systemic oppression. Make sure to note if your agency offers a discount or free services through any mental health agencies/service providers, or if there are existing partnerships with mental health agencies/service providers.]
* [You could also choose to list alternative methods of healing available to advocates locally or virtually such as therapeutic massage, movement-based groups like yoga or dance classes, reiki, acupuncture, tapping (i.e., EFT), somatic therapies, etc.]