

On Island Support

We understand that although many of us find joy and strong community on Star Island, there are also times that we feel isolated from our typical mainland support systems. If you're feeling this way, a few of your key support individuals include:

Christana McKnight MDIV is our Island Minister and is available to provide support through listening, problem solving, self care planning, and providing information about off island resources. Christana will also be working as the Beloved Community Project Manager. This is her first year as full time Island Staff.

Anne Henry RN is our Island Nurse and is available to provide support through listening, problem solving, self care planning, and providing information about off island resources. This is Anne's second year working as First Aid Station Staff.

If you'd like to learn more about Anne and Christana, say hi or visit the bulletin board in the back of Pel Hall to find more resources!

Local and National Helplines

The Samaritan's Inc. - New Hampshire

603-357-5505 24/7

- "A resource to provide information about suicide; to educate others and raise awareness about suicide, and; to provide support to suicide survivors and those considering suicide."

The Trevor Project

866-488-7386 24/7

Text *START* to **678-678**

- National organization providing crisis intervention and suicide prevention services to LGBTQ young people ages 13-24

National Eating Disorder Association (NEDA)

1-800-931-2237 Monday-Thursday 9am-9pm, Friday 9am-5pm

- Helpline providing information, resources, and referrals for individuals struggling with eating disorders and their family/friends

Friends for Survival

1-800-273-8255 24/7

- An "outreach organization available to those who are grieving a suicide death of family or friends."

Haven - Portsmouth NH

603-994-7233 24/7

Chat option available through havennh.org

- Free confidential support and crisis intervention to anyone impacted by domestic violence, stalking, or sexual assault

Finding Counseling

Reaching out for professional support can be daunting. Even just deciding it may be time to do so is a huge step. We've put together some guidance to support you through this process. If you have questions or concerns please don't hesitate to reach out to:

Anne Henry BSN, RN - Island Nurse
Christana McKnight MDIV - Island Minister

- ❖ Try searching online at Psychology Today or through your insurance company. This might feel overwhelming at first but it's so good that you're starting your search.
- ❖ Clinics or group practices can be a great place to start because they tend to offer lower costs, more insurance coverage options, and more therapists to choose from.
- ❖ If you choose to contact individuals instead of clinics, try reaching out to a minimum of 3-5 therapists.
- ❖ If it feels more comfortable to email instead of call, that's okay!
 - Write a 1-2 sentence email and it's okay to copy and paste it to each therapist. It doesn't need to be eloquent or have correct grammar. No therapist is expecting you to show up without flaws.
 - They'll just need to know how to reach you, your name, and that you're looking for a therapist.
- ❖ You can usually do a free consultation before committing to working with someone. Be sure to ask if this is available.

Sample Email

Hello,

I'm interested in starting therapy and was wondering if you are taking on new clients at this time. Are you available for a consultation before agreeing to work together?

*Thank you,
[name]*