

Resources for People who have Experienced Trauma

This is a resource list for people who have experienced trauma. View this resource list online: www.namimass.org/trauma.

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Need additional resources related to trauma? Reach out to our Compass Helpline at NAMI Massachusetts! The Compass Helpline is available Monday through Friday, 10 am to 6 pm. Call us at 617-704-6264, email us at compass@namimass.org, or schedule a call with us. Learn more about the Compass Helpline at NAMI Massachusetts: www.namimass.org/compass.



Peer-Led Groups

Find support within these spaces for people who have experienced trauma.

Healing and Recovery from Trauma & PTSD

<https://www.paywhatyoucanpeersupport.com/healing-and-recovery-from-ptsd-and-trauma>

Hosted by Pay What You Can Virtual Peer Support.

Healing Through Creative Arts Workshop

<https://www.cambridgewomenscenter.org/monthly-calendar>

Sponsored by Survivor Theatre Project for survivors of sexual violence and held in cooperation with the Cambridge Women's Center.

Navigating Trauma in a Brave Space

<https://kivacenters.org/peer-support-groups/>

Trauma looks different for everyone, but we all know we can't ignore it. Join us in this journey of navigating our trauma. Hosted by Kiva Centers.

Support Groups at the Social Impact Center

<https://rpcsocialimpactctr.org/programs/>

Trauma Group

<https://www.cambridgewomenscenter.org/monthly-calendar>

Our mission is to create a safe and welcoming environment for women who have experienced any kind of trauma. Hosted by the Cambridge Women's Center.

Online Communities

These online communities are a good source for asynchronous support for people who have experienced trauma.

C-PTSD & PTSD Support Discord Server

<https://discordservers.com/server/253630004645199873>

A safe place to seek support for trauma and talk about treatment, symptoms, and experiences. Along with this, we hang out, play games, share photos, videos and tons of recovery resources that users have collected and pinned.

C-PTSD Support Community Subreddit

<https://www.reddit.com/r/CPTSD/>

Complex Post Traumatic Stress Disorder is rarely discussed in public forums, even though healthy connection to others is an integral part of healing. This is a peer support community for those who have undergone prolonged trauma and came out the other side alive and kicking, but with wounds that need tending. This is also a place for friends and family of the victims to come for support. Learn more:

PTSD Subreddit

<https://www.reddit.com/r/ptsd/>

We are a supportive, respectful community for discussion and links of interest for people who have PTSD or have friends, family members, or partners with PTSD.

Trauma Support

<https://www.7cups.com/forum/trauma/>

Support for people who have experienced trauma.

Trauma Toolbox Subreddit

<https://www.reddit.com/r/traumatoolbox/>

A place to seek or share coping strategies, resources, art, music, videos, and other survivor tools.

Books & Zines

Books:

Healing the Trauma of Abuse: A Women's Workbook

<https://www.wellnessrecoveryactionplan.com/product/healing-the-trauma-of-abuse-a-womens-workbook/>

It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle

<https://www.penguinrandomhouse.com/books/531653/it-didnt-start-with-you-by-mark-wolynn/>

WRAP for the Effects of Trauma

<https://www.wellnessrecoveryactionplan.com/wrap-for-the-effects-of-trauma/>

Zines:

Out of the Fog: PTSD, CPTSD, Acute Stress Disorder, Depression, Codependency, A Radical Guide

<https://microcosmpublishing.com/catalog/zines/10280>

Trauma is Really Strange

<https://us.singindragon.com/products/trauma-is-really-strange>

Resources About Secondary Trauma

Check out these resources about secondary trauma, vicarious trauma, and compassion fatigue.

Vicarious Trauma Toolkit

<https://vtt.ovc.ojp.gov/>

Healing Secondary Trauma: Proven Strategies for Caregivers and Professionals to Manage Stress, Anxiety, and Compassion Fatigue

<https://www.penguinbookshop.com/book/9781641527569>

Help for the Helper: The Psychophysiology of Compassion Fatigue and Vicarious Trauma

<https://wwnorton.com/books/9781324030492>

Reducing Compassion Fatigue, Secondary Traumatic Stress, and Burnout: A Trauma-Sensitive Workbook

<https://www.routledge.com/Reducing-Compassion-Fatigue-Secondary-Traumatic-Stress-and-Burnout-A-Trauma-Sensitive-Workbook/Steele/p/book/9780367144098>

The Compassion Fatigue Workbook: 28 Exercises for Compassion Fatigued Helping Professionals

<https://resiliencyonline.com/products/>

The Compassion Fatigue Workbook: Creative Tools for Transforming Compassion Fatigue and Vicarious Traumatization

<https://www.routledge.com/The-Compassion-Fatigue-Workbook-Creative-Tools-for-Transforming-Compassion/Mathieu/p/book/9780415897907>

Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others

<https://traumastewardship.com/inside-the-book/>

Other Resources

Check out these additional resources:

Center on Child Wellbeing and Trauma

<https://childwellbeingandtrauma.org/>

Campaign for Trauma-Informed Policy and Practice

<https://www.ctipp.org/>

National Child Traumatic Stress Initiative

<https://www.samhsa.gov/child-trauma>

PACEs Connection

<https://www.pacesconnection.com/>

Trauma and Learning Policy Initiative

<https://traumasensitiveschools.org/>