



BEST THERAPIES

Holiday Resource Guide

2022



Joy and... Stress?

The holidays can be a time of great joy. It can also be a time of great stress. And that's ok! There's no right or wrong way to feel about the holidays. No matter what comes up for you, here at Best Therapies, we have your back.

Check out these therapist approved resources from our team to help you manage this holiday season!



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We love sharing community resources! Check out our most recent resource guides crafted and curated by Best Therapies clinicians.
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It's ok to need extra support sometimes! If you find yourself in a crisis situation, you can call or text these help lines to get help right away.

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Resource Guides



ADHD Resource Guide

Created by Alyse Ruriani

- Social media accounts to help you explore and understand ADHD
- Apps created to help manage ADHD
- Favorite books to learn more about ADHD



Trans Resource Guide

Created by Clark Hazel

- Hormone therapy services in Illinois
- Changing your name and gender in Illinois
- Exploring gender affirming surgery
- Gender affirming clothing and voice lessons



Holiday Resource Guide 2021

- Self care strategies to help you de-stress
- Grounding techniques using your body, senses, and breath
- Additional information on crisis help lines and Chicago based food insecurity resources

OUR FAVORITE Mindfulness Apps

01 Insight Timer

Free meditations led by expert practitioners from around the world.

02 Liberate

Meditations created for the Black community and led by BIPOC practitioners.

03 Headspace

Science backed meditation and mindfulness tools to help you reduce stress.

04 Calm

Sleep stories and meditations narrated by everyone from Harry Styles to LeBron James.

Quick Grounding Techniques

Click on the links to explore each strategy

Progressive Muscle Relaxation

Slowly tense and relax different muscle groups in your body to lower your stress level.

Walking Meditation

Walking is a great alternative for those who don't like to sit still and prefer movement/.

5 Senses Mindfulness

By focusing on each of our five senses we can bring ourselves back into the present moment.

4-7-8 Breathing

Focused breathing can bring our attention away from repetitive thoughts and anxieties.

ILLINOIS FINANCIAL SUPPORT RESOURCES

- [Benefit Finder](#) - A questionnaire to help you find benefits you may be eligible for
- [Help With Your Utility Bills: Illinois | HUD.gov / U.S. Department of Housing and Urban Development \(HUD\)](#) - HUD resources accessing assistance with utility bills
- [Help Illinois Families](#) - Emergency assistance for housing costs including rent and utility bills

CHICAGO FOOD INSECURITY RESOURCES

- [Greater Chicago Food Depository](#) - Easy to navigate resources on how to find food throughout the city
- [Illinois Department of Human Services](#) - Apply for SNAP and Link cards for food assistance
- [Chicago Based Soup Kitchens, Food Banks, Food Pantries Directory](#)
- [Northwest Food Partners Network](#) - Emergency food resources for Chicago's Northwest side
- [ICNA Relief Chicago](#) - Provides Muslim family services and two food pantry locations
- [Nourishing Hope](#) - Based in Lakeview, Nourishing Hope offers multiple programs throughout the city to distribute food including home delivery and an online market
- [The Love Fridge Chicago](#) - A mutual aid organization with fridges designed by artists throughout the city encouraging community members to take what they need and leave what they can
- [Common Pantry](#) - Provides holiday specific food distributions on Chicago's North Side
- [Community Kitchen Chicago](#) - Directory of mutual aid groups throughout Chicago that can help connect you to food and resources

LGBTQ+ Resources

The idea of going home for the holidays can bring up all sorts of emotions. Give yourself permission to feel what you feel. The holiday season can be an important time for us to reflect on our own boundaries and what we need to feel safe. It's ok to spend this time with your biological family, chosen family, friends, or however you want!

Here are some quick reads on how to prepare for this holiday season if you decide to spend some time at home.



01 PFLAG - Going Home For The Holidays

This [guide on going home for the holidays](#) offers tangible guidance on how you can plan and prepare for family time this holiday season.

02 How To Talk About Transitioning

Talking about transitioning is different for everyone. Check out this [coming out guide from the Human Rights Campaign](#) and this [blog post](#) from a top surgery clinic for more info on what this could look like.

03 Queer Book Databases

When you're home, there's a good chance you'll need some alone time. Why not cozy up with some great queer books! This [list of queer book databases](#) is perfect for picking your next read.

CRISIS Help Lines

It is ok to need extra support! If you find yourself in a mental health emergency and need to talk to someone immediately, try these help lines to access care.

SUICIDE & CRISIS LIFELINE

Call or text 988, or call 1-800-273-TALK (8255)

Chat online: <https://988lifeline.org/talk-to-someone-now/>

For TTY users: Use your preferred relay service or dial 711 then 988

TRANS LIFELINE HOTLINE

Peer support phone service run by trans people for trans and questioning peers

Call 877-565-8860

Visit their website: <https://translifeline.org/hotline/>

THE TREVOR PROJECT

Provides 24/7 crisis support services to young LGBTQ+ people

Call 866-488-7386 or text 678678

Chat online: <http://www.thetrevorproject.org/section/get-help>

SAGE LGBTQ+ ELDER HOTLINE

Connects older LGBTQ+ people who want to talk with friendly responders who are ready to listen

Call 877-360-LGBT (5428)

Visit their website: <https://www.sageusa.org/what-we-do/sage-national-lgbt-elder-hotline/>

VETERANS CRISIS LINE

For veterans, military personnel, and their families

Call 988 and Press 1, or text 838255

Chat online: <http://veteranscrisisline.net/>



From all of us here
at Best Therapies

Happy
Holidays!

For more information about Best Therapies or to schedule a therapy session with one of our awesome clinicians, check out www.BestTherapies.org!

