


**The WHALE Study
Family Newsletter**
January | 15th | 2021

Why Should I Consider Therapy?



We hope your new year is off to an “okay” start. As parents, much of life revolves around your children, but this issue is for YOU. We write these newsletters to provide encouragement and validation of the difficulties surrounding having young children during the COVID pandemic. Struggles with mental health can look like feeling depressed, scared a lot, or lashing out at those you love most. In these situations, being a better parent or partner means getting help. If you’re struggling, that is normal, and therapy can help.

I don’t even know where to start! That’s certainly reasonable. If you’re interested in considering therapy, keep reading and stay tuned for our next newsletter when we share information on HOW to get involved with therapy by exploring logistics like cost, where to find a therapist, what to consider when choosing a therapist, and how to reach out.

People will think I’m “crazy” for going to therapy! Going to therapy doesn’t mean something is wrong with you! Therapy is designed to be a space where you can share what’s happening in your life and be accepted. If you’re concerned about judgment from others, you don’t need to tell anyone you’re going to therapy. Unless your therapist has immediate safety concerns they cannot share anything you say with others. It might be reassuring to know many of our research staff have or currently attend therapy!

I’ve been to therapy before and it didn’t DO anything! If you go to therapy expecting your stress to disappear, you will likely be disappointed. Therapy looks different for everyone. You can work with a therapist to determine what it will look like for you! If you’ve tried therapy before and weren’t satisfied, perhaps it wasn’t the right time, or you didn’t work with someone you meshed well with. Therapy can give you tools to cope with stress, help you change behaviors, or teach you to think about yourself and situations differently

I already have people to talk to; I’m fine! It’s important to have people in your life who you feel comfortable talking with, but sometimes it’s helpful to have someone outside the situation who is objective. If you already talk to your loved ones but are still struggling, that’s a sign you may benefit from a new perspective.

Check out the page below for **therapy** and **community** resources!



Please reach out if you have any questions, comments, or concerns regarding The WHALE Study or the COVID-19 situation. Staff can be reached by call, text, or email: whalestudy@unc.edu | 919-914-0588
Find us on Twitter: @circlab_unc, Instagram: circlab_unc, and [Facebook!](#)

THErapy AND CRISIS RESOURCES (CLICK BLUE LINKS)

- Resources Addressing Concerns About Therapy:
 - Click [here](#) to read an “open letter” from a therapist, who hopes to address concerns you may have about starting a therapeutic relationship
 - Click [here](#) and [here](#) to read about how therapy can help
 - Click [here](#) for tips from the APA on how to find help through seeing a psychologist
 - Click [here](#) for Psychology Today’s “Find a Therapist” tool
- If you are currently in crisis, you can get help immediately! Available 24/7
 - National Suicide Hotline: 800-273-TALK (800-273-8255)
 - Click [here](#) to access the National Suicide Prevention Lifeline Chat function
 - Crisis Text Line: Text 741741 with your message
- Child and Family Resources:
 - Click [here](#) for resources from the US Department of Health & Human Services
 - Click [here](#) for resources from the National Child Traumatic Stress Network
 - Click [here](#) for resources from the National Domestic Violence Hotline (1-800-799-SAFE)
 - Click [here](#) for resources from the Substance Abuse and Mental Health Services Administration

COMMUNITY RESOURCES (CLICK BLUE LINKS)

HOUSING

- [Durham Continuum of Care \(CoC\)](#)
- Eviction Information
 - 216-965-5095
- [Durham Rescue Mission](#)
 - 919-688-9641
- [Orange County Partnership to End Homelessness](#)
- [Urban Ministries of Durham](#)
- [Durham County Social Services](#)
- [Orange County Social Services](#)
- [Wake County Social Services](#)

FOOD & GROCERIES

- [Wake County Public Schools Free Meals](#)
- [Durham County Public Schools Free Meals](#)
- [Orange County Food Resources](#)
- [Chapel Hill/Carrboro Schools](#)
- [TABLE](#)
- [Food Bank of Central & Eastern North Carolina](#)
- [Wake County Food Resources](#)
- [No Kid Hungry NC](#) - Text FOODNC or COMIDA to 877-877 to receive information about 3 drive-thru or pickup sites with meals for kids closest to you

HEALTH & SAFETY

- [Compass Center for Women and Families](#)
 - 919-929-7122
- [Durham Crisis Response Center](#)
 - 919-403-9425
- [InterAct Family Safety and Empowerment Center](#)
 - 919-828-7501
- [Orange County Rape Crisis Center](#)
 - 866-935-4783 (call) , 919-504-5211 (text)
- [Freedom House](#)
 - 919-967-8844 (Crisis Unit, Chapel Hill)
 - 1-877-967-8844 (Mobile Service)
- Suicide prevention lifeline: 1-800-272-TALK
- Hope4NC Helpline: 1-855-587-3463

CHILDCARE

- [NC Hotline for Critical Workers Seeking Child Care Options](#)
- [Covid Childcare Co-op Creator](#)
- [Covid Urgent Childcare](#)
- [Child Care Services Association](#)

LEARNING

- [Scholastics Learn at Home](#)
- [Khan Academy](#)
- [PBS Kids](#)
- [CDC Tips for Talking with Children about COVID-19](#)