

# WE ARE ALL IN THIS TOGETHER: MY STORY, YOUR STORY, OUR STORY

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**coherence**  
associates inc



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# '2020' WHAT A YEAR WE HAVE HAD...

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Nothing looks familiar...

A strange new world...

How do we hold on to our psychological resilience,  
our mental health, when our lives are challenged  
with change & new information daily?

# Trauma-Inspired Resources

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

Tackling the Stigma of Addiction through Education

<http://www.noshameonu.org/>

No Shame On U is dedicated to breaking the stigma associated with mental health so the people who need the help will seek it, family members and friends will know how to provide proper support, and to save lives.

<https://www.facebook.com/Elijahs-Journey-182478658436741/>

A Jewish Response to the Issues of Suicide Awareness and Prevention.

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

Book – Guts, Grit & The Grind – A MENTal Mechanics MANual – Guide to Men's Mental Health

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

Train your heart & brain connection for greater resilience