



FOR IMMEDIATE USE:
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MEDIA CONTACT:
[617-534-2821](tel:617-534-2821)

City offers trauma coping and counseling resources as anniversary of marathon attack approaches
Free and confidential support available in-person, over the phone, and online

BOSTON – To help support the emotional wellness of residents and community members around the upcoming anniversary of the 2013 Boston Marathon bombings, the Boston Public Health Commission (BPHC) has organized a set of free and confidential resources for the public. Starting tonight, there will be a series of neighborhood workshops focused on general emergency preparedness and resilience, a community forum near Copley Square to address mental health concerns around the anniversary, and drop-in and over-the-phone counseling offered by trained clinicians. Tips and additional resources to help adults and children cope with trauma are available online at www.BPHC.org.

BPHC's Office of Public Health Preparedness will sponsor three community preparedness and resilience workshops through its "[Get Ready, Be Safe, Stay Healthy](#)" initiative. The workshops offer a mix of resources that are both specific to the marathon anniversary and useful for dealing with other traumatic experiences. The sessions will include information on coping, self-care, and recognizing when additional assistance might be needed. The schedule of workshops is as follows:

Tuesday, April 8 at 7:00 p.m.

BCYF Mildred Avenue Community Center
5 Mildred Avenue, Mattapan

**In partnership with the Mattapan Food and Fitness Coalition*

Thursday, April 10 at 6:00 p.m.

BCYF Grove Hall Community Center
51 Geneva Avenue, Roxbury

**In partnership with Project RIGHT*

Monday, April 14 at 7:00 p.m.

The Salvation Army Kroc Center
650 Dudley Street, Dorchester

"We understand that the anniversary may trigger a lot of emotions for anyone impacted by last year's attack, and we want to make sure people have access to the support that they

may need,” said Dr. Barbara Ferrer, executive director of BPHC. “We also recognize that certain communities are exposed to trauma and violence on an ongoing basis, and we hope that our workshops give people some tools to build resilience and care for loved ones.”

There will be a community forum this Friday, April 11 from 12:00-2:00 p.m. at the YWCA, located at 140 Clarendon Street. The forum, which will be led by a licensed mental health clinician, is an opportunity for Copley area residents and community members to learn coping strategies for addressing trauma. The first anniversary of a disaster is often the hardest for survivors because it can be difficult to know how to mark the event. People may experience a range of emotions in such situations, and clinicians will be able to help attendees process those feelings.

For the next several weeks, BPHC will also provide drop-in counseling services each Tuesday evening in the McKim Courtyard Room of the main branch of the Boston Public Library in Copley Square. No appointment is necessary for the free sessions, which will take place from 5:00-7:00 p.m. on Tuesday April 8, 15, 22, and 29.

Starting next week, clinicians with the Mayor’s Health Line will offer phone-based counseling. The Mayor’s Health Line is open on weekdays from 9:00 a.m. to 5:00 p.m., and clinicians will return any messages left afterhours on the following day. People are encouraged to call [617-534-5050](tel:617-534-5050) to speak with a clinician.

On Marathon Monday (April 21), the hotline will be staffed with clinicians from 8:00 a.m. to 8:00 p.m. In-person drop-in counseling will be offered during the same time that day at Our Lady of Victories Church, located at 27 Isabella Street near Copley Square.

Last year, BPHC and partners from the American Red Cross, the Massachusetts Department of Public Health, Riverside Community Care, the Salvation Army, and the U.S. Health and Human Services Mental Health Team delivered over 600 hours of counseling to thousands of people in the days after the bombings.

For tips on how to help adults and children cope with the upcoming anniversary and to access BPHC’s Resource and Recovery Guide for the marathon tragedy, click [here](#).

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