



## DO YOU FIND YOURSELF...

- unable to sleep due to flashbacks/  
mind is racing
- panic attacks
- hyper vigilance
- inability to stay focused
- discomfort in social situations
- emotionally reactive

**AS A RESULT OF A CRIME  
COMMITTED AGAINST YOU?  
BEHAVIORAL HEALTH CAN  
HELP**



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<https://www.facebook.com/groups/1087211288462662>

# BEHAVIORAL HEALTH PROGRAM

**Cher-Ae Heights Indian Community  
of the Trinidad Rancheria**





## ABOUT US

The Trinidad Rancheria Behavioral Health is part of Trinidad Rancheria Victim Service Program, a voluntary agency that provides short-term assistance to Community Members who have been harmed physically or emotionally by acts of crime. Our staff strives to be a culture and trauma informed agency.

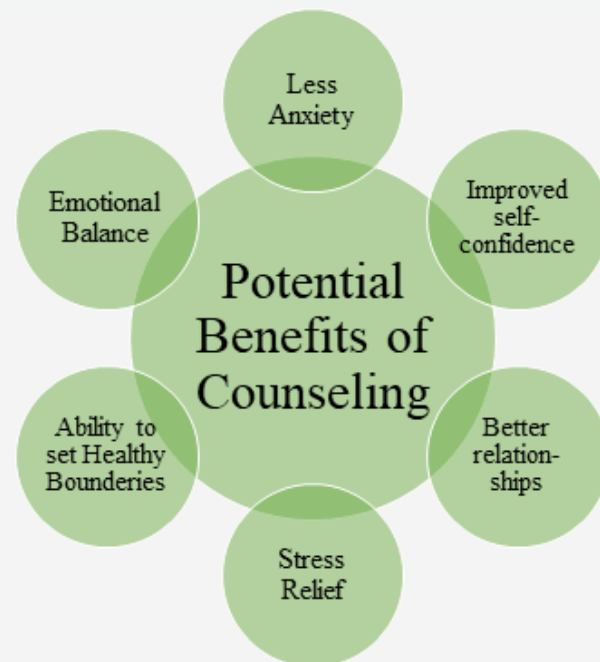
Our program is located in Trinidad, CA on the Trinidad Rancheria premises. We are located across from the Tribal Administration building and next to the Trinidad Rancheria Library.

## IS COUNSELING FOR YOU?

Learn to effectively address thoughts, feelings, and behaviors while minimizing reactivity in stressful situations. In counseling we can explore challenges in your life and develop more satisfying and achievable goals.

## HOW TO PREPARE:

Be present, open up, and do what you need for your healing.



## SERVICES

- Assessments and referrals
- Individual counseling sessions
- Therapeutic groups
- Neuro-Feedback intervention



**HONORING THE PAST,  
LIVING IN THE PRESENT,  
LOOKING TOWARDS THE FUTURE**



## ELIGIBILITY

In order for a person to be eligible for services they (1) must have been harmed, physically or emotionally, by the criminal act of a perpetrator(s) and (2) completed all intake forms and (3) reside or plan on residing in Humboldt County. Crimes may have occurred at any point in the individual's lifetime.