

WNC RECOVERY RESOURCES: MENTAL HEALTH AND TRAUMA



UNC

SCHOOL OF
SOCIAL WORK

Community Aspirations Hub

Exploring innovative pathways to individual, family, and community wellbeing

Our goals

- Develop authentic, mutually beneficial partnerships with communities to help them achieve their goals
- Leverage our skills and expertise with community wisdom and experience to create positive change
- Support communities in designing solutions to poverty and social challenges at the local level
- Collaborate with partners committed to addressing barriers to wellbeing, social and economic mobility, and health



Search for mental health and trauma resources in this digital library offered by the UNC School of Social Work. Resources include fact sheets, trainings, resource guides, mobile apps, websites, and more.

- These resources have been vetted by professionals at the School of Social Work and are free to access and use. Many are available in both English and Spanish.
- There are resources for many different folks, such as children, college students, adults, the elderly, families, first responders, farmworkers, and healthcare providers. No matter your personal connections or professional responsibilities, these resources are available to support you and those you care about.

**Community
Aspirations**
HUB

communityaspirationshub.org