

emBODY PROJECT THEATRE

SUPPORT RESOURCES & CARE GUIDE

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Applies to: Audiences and participating artists at all emBODY Project Theatre events · Last updated: June 2026

emBODY Project Theatre makes work about the body: its history, its power, its grief, its pleasure, and what it carries. Some of what we make will move through you long after you leave the room. This guide exists because support should be available before you need it, not only after. The resources below are starting points, not a complete list. Information changes; please confirm details on each organization's website or by phone before reaching out. This guide works alongside our Community Conduct & Care Policy, including our Edge Space and Consent Guidelines, and our Illness Policy.

1. LOCAL & REGIONAL COMMUNITY SUPPORTS

The following resources are within roughly 20 miles of 95 Washington Street, Canton, MA, or accessible online.

Grief and Bereavement

Old Colony Hospice & Palliative Care: Free grief support groups for adults who have lost a loved one, including groups in Canton and nearby towns. Groups combine education about grief with peer support. oldcolonyhospice.org

Good Shepherd Community Care (Newton): Free community grief groups and workshops for different types of loss, including spouse/partner, parent, and general grief. Service area includes Canton and surrounding towns. goodshepherdcare.org

Mental Health and Peer Support

NAMI Massachusetts: Free, peer-led support groups for people living with mental health conditions and for family members, partners, and friends. Many groups meet in Metro Boston/South Shore and online. namimass.org

Metro Boston Recovery Learning Community: Free virtual and in-person peer spaces focused on mental health, recovery, and community connection, including identity-based groups. mbrlc.org

Spaces Centering Marginalized Communities

Therapists of Color New England: Culturally grounded groups and circles centering Black, Indigenous, and other people of color, focused on racial stress, trauma, and healing.

Fenway Health (Boston): Support and affinity groups for LGBTQIA+ communities, including BIPOC and trans/nonbinary spaces. Some groups are low-cost or covered by insurance. fenwayhealth.org

Virtual Racial Healing Spaces: BIPOC-led virtual healing circles, such as Emotional Emancipation Circles, focused on racial trauma and community care. Available nationally.

2. FINDING THERAPY & TREATMENT

If you are looking for ongoing individual, group, or family support, possible starting points include your primary care provider, who can screen for mental health concerns and refer to local therapists, psychiatrists, or clinics; community health centers and clinics, which often provide sliding-scale or insurance-based therapy and psychiatry; and specialized directories that let you filter by identity, modality, language, and cost.

SAMHSA National Helpline: 1-800-662-HELP (4357). Free, confidential, 24/7 referral to local treatment facilities, support groups, and community-based organizations for mental health and substance use.

FindTreatment.gov (SAMHSA): Anonymous search tool for mental health and substance use treatment programs.

Eating Disorder Support: The National Alliance for Eating Disorders and ANAD offer national helplines, support group listings, and treatment finders.

3. CRISIS & SAFETY RESOURCES

If you or someone you know is in immediate physical danger and you feel safe involving emergency responders, call 911.

988 Suicide & Crisis Lifeline: Call or text 988, or chat at 988lifeline.org. Free, confidential, 24/7 support.

Crisis Text Line: Text HOME to 741741. Free, confidential, 24/7 text support with a trained crisis counselor.

Massachusetts Behavioral Health Help Line: 1-833-773-2445. Call or text for 24/7 support and connection to mental health and substance use services in Massachusetts.

National Domestic Violence Hotline: 1-800-799-SAFE (7233). Text START to 88788, or chat at thehotline.org. Free, confidential, 24/7 support, including safety planning and referrals. Their website includes digital safety guidance for those concerned about device monitoring.

SAMHSA National Helpline (Substance Use): 1-800-662-HELP (4357). 24/7 information and referral for substance use and co-occurring mental health concerns. English and Spanish.

4. GROUNDING & REGULATION TOOLS

These tools are for moments when you feel activated, overwhelmed, numb, or far from yourself. You can use them during a show, after a show, or in rehearsal. They are not substitutes for professional support, but they can be useful bridges.

Music and Movement

Sound and rhythm can shift how your nervous system fires. Consider building a playlist you can return to after intense work: one or two songs that allow you to feel what you're carrying, two or three that feel grounding or familiar, and one that feels like some version of the future. If your body has extra energy, let it move. Walk around the block, sway, stretch, or stomp for 30 seconds. The body knows things.

One-Minute Check-In

Name three words for what you feel right now. Notice where that feeling sits in your body. Place a hand there. Noticing is already action. You do not have to fix anything immediately.

Grounding: Tuning Back Into the Room

Grounding is useful when thoughts or sensations are spinning, or when you feel distant or dissociated. Quietly identify five things you can see, four things you can physically touch, three things you can hear, two things you can smell or remember smelling, and one thing you can taste. Notice whether your breathing or mental speed has shifted. Repeat if helpful.

Breathwork

Box Breath (useful when you feel wired or overstimulated): inhale through the nose for four counts, hold for four, exhale through the mouth for four, pause for four. Repeat four to six times. Extended Exhale (useful for anxiety): inhale gently through the nose for three to four counts, exhale through pursed lips for six to eight counts. Repeat five to ten times. If you feel dizzy, shorten the counts or simply pause.

5. EMBODY PROJECT THEATRE SUPPORT

If something in an emBODY event or process affects you and you want to talk to someone in our organization, please reach out. We cannot serve as a crisis or clinical resource, but we take care seriously and will respond with attention.

If you need support in the moment during a live event, you can quietly let any front-of-house staff member or usher know, and they will help connect you with a quiet space or support.

If you would simply feel more comfortable speaking with someone other than the Artistic Director, you may also contact our Producer/Production Manager directly.

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