

Resources

If you wish to donate or be involved in your local community:

- Black Lives Matter - Ways You Can Help
 - [Blacklivesmatters.carrds.co](https://blacklivesmatters.carrds.co)
- Campaign Zero
 - <https://www.joincampaignzero.org/solutions#solutionsoverview>
- To find bail funds and legal representation in your local area
 - <https://hbcubuzz.com/2020/05/protest-and-riot-resource-guide/>
- Minnesota Voice
 - <https://www.givemn.org/organization/Minnesota-Voice>

If you wish to protest, some safety suggestions:

- General Safety Guidelines
 - https://www.amnestyusa.org/pdfs/SafeyDuringProtest_F.pdf
 - https://www.instagram.com/p/CA0jzCdG_vR/?utm_source=ig_web_copy_link
- Practice Cyber-Safety
 - <https://ssd.eff.org/en>
- Adhere to health management techniques suggested by the CDC to prevent COVID-19 and attend to potential symptoms. Bring disinfectant and gloves if you anticipate utilizing public amenities and clean your clothes as soon as possible to curb potential virus retention. Quarantine for two weeks following protest if you breach safety guidelines to protect those around you.
 - General Prevention Practices (CDC)
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
 - COVID-19 Risk Screening Tool (Cleveland Clinic):
<https://covid19chat.clevelandclinic.org/>
 - Effectively Wearing a Cloth Mask (CDC):
<https://www.cdc.gov/coronavirus/2019-ncov/downloads/cloth-face-coverings-information.pdf>

If in search of on-campus resources:

- Office of Multicultural Affairs
 - Email Director Naomi Sigg- naomi.sigg@case.edu
 - Email Janée Kelly - jmk222@case.edu
- University Health and Counseling Services
 - A statement from University Health and Counseling Services:
<https://case.edu/studentlife/healthcounseling/>
 - University Health and Counseling Services is committed to offering Counseling and Support Space and has added **daily drop-in sessions and Students of Color**

Support Space with their Multicultural Specialist. Please use the following link: <https://case.edu/studentlife/healthcounseling/node/1621>

- For **Conversations with Students of Color Regarding Recent National Events:**
 - A confidential, safe space for CWRU students of color to gain support and discuss the impact of recent and historical violence and racism. It is moderated by University Health & Counseling Services clinical staff and open to all CWRU students of color.
 - Will be taking place on [Tuesday, June 2nd](#) & [Friday, June 5th](#) from **1:00-3:00pm EST** and on [Wednesday, June 3rd](#) & [Thursday, June 4th](#) from **5:00-7:00pm EST**. Drop by at any time during these blocks!
 - CampusGroups registration directly linked for each day.
- For **Students of Color Support Space:**
 - Scheduled, 30 minute 1:1, confidential Zoom consultations with the UH&CS Multicultural Specialist for CWRU students of color seeking individualized support
 - [Tuesday](#), [Wednesday](#), [Thursday](#), [Friday](#) 10:00AM-12:00PM EST
 - CampusGroups registration directly linked for each day
- 24/7 Counselor on-call: [216-368-5872](tel:216-368-5872)

If you are in need of more mental health resources:

Beam

- Provides resources and immediate response emergency mental health evaluations and crises services.
- <https://www.beam.community/mobilecrisis>

BlackGirlsSmile

- Provides an extensive list of resources and support for young African American females.
- <https://www.blackgirlssmile.org/resources>

The Borris Lawrence Henson Foundation

- The foundation seeks to provide support and bring awareness to mental health issues that plague the African American community
- Text NOSTIGMA to 707070
- <https://borislhensonfoundation.org>
- Crisis Connect Line
- Text CONNECT to 741741

Dive In Well

- This group seeks to support open dialogue. They do not directly provide mental health resources.
- <https://www.diveinwell.com>

Ethel's Club

- The organization creates healing spaces to gather and celebrate people of color through conversation, wellness and creativity.
- <https://www.ethelsclub.com/about>

HealHaus

- Low cost live meditation and yoga classes.
- <https://www.healhaus.com>

HenryHealth

- The organization provides culture-centered therapy.
- <https://henry-health.com/our-approach/>

Lee Thompson Young Foundation

- The foundation seeks to eradicate the stigma of mental health and advocates for holistic treatments.
- <https://www.ltyfoundation.org/new-page>

Let's Erase the Stigma

- Provides direct resources and action steps based on how you may feel at the current moment.
- <https://www.letserasethestigma.com/resources-1>

National Alliance of Mental Illness (NAMI) Helpline

- 1-800-950-NAMI

The Steve Fund

- Directed towards young people of color.
- Text STEVE to 741741 to connect with a trained crisis counselor.

Instagram Accounts Focusing on Mental Health (not a comprehensive list)

- healingwhileblack
- ancestorsfuture
- blackmentalwellness
- selfcareisforeveryone
- jordanpickellcounselling
- theanxietyhealer

Warmlines

- Focuses on crisis prevention through early intervention and emotional support
- <http://www.warmline.org/>

If you wish to enhance your knowledge through a number of diverse perspectives:

Podcasts:

- 1619
- About Race
- The Breakdown
- Code Switch

- Momentum: A Race Forward Podcast
- On the Scene, Season 2
- Pod for the Cause (leadership conference on civil and human rights)
- We Live Here

Books:

- *The New Jim Crow* - Michelle Alexander
- *I Know Why the Caged Bird Sings* - Maya Angelou
- *Dark Matters* - Simone Browne
- *Between the World and Me* - Ta-Nehisi Coates
- *Democracy in Black* - Eddie S. Gladdening Jr.
- *Blood in My Eye* - George L. Jackson
- *Stamped from the Beginning* - Ibram X. Kendi
- *How to Be Anti-Racist* - Ibram X. Kendi
- *The Bluest Eye* - Toni Morrison
- *So You Want To Talk About Race* - Ijeoma Oluo
- *The Color of Law* - Richard Rothstein
- *Just Mercy* - Bryan Stevenson
- *This Bridge Called My Back* - Cherrie Moraga & Gloria Anzaldua
- *They Can't Kill Us All* - Wesley Lowery
- *Their Eyes were Watching God* - Zora Neale Hurston
- *The Color Purple* - Alice Walker

Articles:

- *Ahmaud Arbery Holds Us Accountable* by Jim Barger Jr.
 - <https://bittersoutherner.com/2020/ahmaud-arbery-holds-us-accountable>
- *Coping with Racism and Discrimination*
 - <https://caps.ucsc.edu/pdf/coping-with-racism.pdf>
- *Letter to My Son* by Ta-Nehisi Coates
 - <https://www.theatlantic.com/politics/archive/2015/07/tanehisi-coates-between-the-world-and-me/397619/>
- *Physiological and Psychological Impact of Racism and Discrimination for African Americans*
 - <https://www.apa.org/pi/oema/resources/ethnicity-health/racism-stress>

Television and Movies:

- *12 Years A Slave* available on Amazon Prime
- *13th* available on Netflix
- *Amazing Grace* (2018) available on Hulu
- *Dear White People* available on Netflix
- *Fruitvale Station* available for free on Tubi
- *I Am Not Your Negro* available on Amazon Prime

- If Beale Street Could Talk *available on Hulu*
- Malcolm X *available on Netflix*
- Selma *available on Netflix and Amazon Prime*
- The Hate U Give *available on Hulu*
- The Innocence Files *available on Netflix*
- The Tuskegee Airmen *available on Hulu and HBOGo*
- When They See Us *available on Netflix*

Social Media Posts:

- How to be Actively Antiracist
 - <https://www.instagram.com/p/CAvbZyVh1xc/?igshid=1q52h695t06de>
- Anti-Blackness in the South Asian Community
 - <https://www.instagram.com/p/CAQ19eAFUq8/?igshid=11mh861mtuqac>
- Resources for Black People Experiencing Racial Trauma
 - <https://www.instagram.com/p/CA1DpmGliYO/?igshid=af1nuge4ww0u>
- BLM Petitions, Donation Links, Resources, and Contacts
 - <https://twitter.com/rosiegguks/status/1266307905692864513>
- Barack Obama's Facebook post on recent events
 - <https://www.facebook.com/barackobama/posts/10157802011441749>
- What to do if you want to attend a protest
 - <https://www.instagram.com/p/CAyjS18grp4/?igshid=o0b4fy6qoxuu>