



MENTAL HEALTH RESOURCES FOR STUDENTS OF COLOR

COPING & SELF-CARE RESOURCES

[General Coping Strategies](#)

[Black Lives Matter Meditations for Healing
Racial Trauma](#)

[Proactively Coping with Racism](#)

[Emotionally Restorative Self Care for
People of Color](#)

[Talking About Race: Self Care](#)

[Four Ways People of Color Can Foster
Mental Health & Practice Restorative
Healing](#)

[Grief is a Direct Impact of Racism: Eight
Ways to Support Yourself](#)

[Discrimination: What it is and How to Cope](#)

[Liberate Meditation App](#)

[Black Mental Wellness](#)

[Black Girls Smile](#)

REFERRAL & EDUCATIONAL RESOURCES

[The Steve Fund](#)

[Black Mental Health Alliance](#)

[Black Emotional & Mental Health Collective](#)

[Therapy for Black Girls](#)

[Therapy for Black Men](#)

[Black Men Heal](#)

[Queer & Trans Therapists of Color Network](#)

TEXT & PHONE SUPPORTS

Crisis Text Line for Young POC

Text STEVE to 741741

National Suicide Prevention Lifeline

1-800-273-8255

The Trevor Project

1-866-488-7386

Text "Trevor" to 1-202-304-1200

