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