**Resources for Students, Staff, and Faculty of Color**

*“Every man of humane convictions must decide on the protest that best suits his convictions, but we must all protest.” – Dr. Martin Luther King, Jr.*

**UConn Student Support:**

* Go to <https://studenthealth.uconn.edu/> for the most current information.
* Go to <https://counseling.uconn.edu/consultation-support-drop-in-hour/> for Consultation and Support.
	+ Free, brief appointments that students can sign up for via online scheduling—a “drop-in” option for students who may want some more quick support though are not in crisis
* Go to <https://diversity.uconn.edu/cultural-centers/> for support from our cultural centers.
	+ Feel free to drop in to their office hours

**Guided Meditations:**

* [http://drcandicenicole.com/2016/07/black-lives-matter-meditation/](https://nam10.safelinks.protection.outlook.com/?url=http%3A%2F%2Fdrcandicenicole.com%2F2016%2F07%2Fblack-lives-matter-meditation%2F&data=02%7C01%7Cjennifer.newman%40uconn.edu%7C7380d70f0319482a1d1f08d80643f4dc%7C17f1a87e2a254eaab9df9d439034b080%7C0%7C0%7C637266236239123418&sdata=m3NB92NTAoALJQTUWc3qLmtw9rni1QtwpSPF78kqLOU%3D&reserved=0)
	+ Racial trauma exacts a psychological and physiological toll on people of color, and those involved in the Movement for Black Lives are especially vulnerable to hourly personal, emotional, and physical racist attacks. Guided meditation is one way to assist in calming a heightened state of distress, affirming one’s value and humanity, and re-centering with love for Black people.
	+ There are 2 sets of mediations:
		- The Black Lives Matter Meditations
		- The Ally + Accomplice Meditation for Cultivating an Anti-Racist Mindset
* <https://drive.google.com/file/d/1zqP3j1hbLDFmtqpPVNuZC1cLCauCa-hD/view>
	+ A written meditation: Lovingkindness Meditation for Oppressive Experiences
		- By Sharon Salzberg
* <https://www.copperbeechinstitute.org/online-offerings>
	+ Meditation groups

**Therapy Options**

* [https://namict.org/](https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnamict.org%2F&data=02%7C01%7Cjennifer.newman%40uconn.edu%7C7380d70f0319482a1d1f08d80643f4dc%7C17f1a87e2a254eaab9df9d439034b080%7C0%7C0%7C637266236239103432&sdata=mTXAkCHSWxyQB1ldI%2FjR009%2Fcc7ALy4fWocNYE7m9Wo%3D&reserved=0)
	+ National Alliance on Mental Illness (CT) offers virtual support groups
* <https://borislhensonfoundation.org/resource-guide/>
	+ The Boris Lawrence Henson Foundation’s vision is to eradicate the stigma around mental health issues in the African-American community.
	+ Taraji P. Henson’s organization (named after her mother) is currently offering free therapy during COVID-19 pandemic
* [www.onevillagehealing.org](http://www.onevillagehealing.org)
	+ Black Obsidian Men’s Group – An intentional online affinity healing space for Black men
	+ Every Saturday 10:00am – 11:30am
	+ RSVP for zoom link. Guided by Eric.
* [https://www.stevefund.org/](https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.stevefund.org%2F&data=02%7C01%7Cjennifer.newman%40uconn.edu%7C7380d70f0319482a1d1f08d80643f4dc%7C17f1a87e2a254eaab9df9d439034b080%7C0%7C0%7C637266236239133433&sdata=9upxBj6sOKB%2FSrISUtnfJwogEiYnUsIUeZvxmA%2BvDJg%3D&reserved=0)
	+ The Steve Fund is a mental health and suicide prevention organization specifically focused on young people of color
* <https://blackmentalhealth.com/connect-with-a-therapist/>
	+ Connect with a culturally-competent clinician
* <https://therapyforblackgirls.com/>
	+ Connect with a culturally-competent clinician for black women

**Community Resource Guides**

* [https://www.splcenter.org/sites/default/files/com\_ten\_ways\_to\_fight\_hate\_2017\_web.pdf](https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.splcenter.org%2Fsites%2Fdefault%2Ffiles%2Fcom_ten_ways_to_fight_hate_2017_web.pdf&data=02%7C01%7Cjennifer.newman%40uconn.edu%7C7380d70f0319482a1d1f08d80643f4dc%7C17f1a87e2a254eaab9df9d439034b080%7C0%7C0%7C637266236239143407&sdata=SzJ7H0SgwdpNaCkf0V%2BD0%2B16qahsq0e9Vs0AEhpQ6hY%3D&reserved=0)
	+ Southern Poverty Law Center’s 10 ways to fight hate
* [https://drive.google.com/file/d/1C3j798G9Xv7wbm\_QKeX7YTpSIi6o1ftm/view](https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdrive.google.com%2Ffile%2Fd%2F1C3j798G9Xv7wbm_QKeX7YTpSIi6o1ftm%2Fview&data=02%7C01%7Cjennifer.newman%40uconn.edu%7C7380d70f0319482a1d1f08d80643f4dc%7C17f1a87e2a254eaab9df9d439034b080%7C0%7C0%7C637266236239143407&sdata=mNkZWy4DVxNMsYt%2BGVOy0dIS8BXW7pVtMBd0YZbO2LI%3D&reserved=0)
	+ Surviving and Resisting Hate (one-pager by two great Latinx psychologist-activists)
* [https://blacklivesmatter.com/resources/](https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fblacklivesmatter.com%2Fresources%2F&data=02%7C01%7Cjennifer.newman%40uconn.edu%7C7380d70f0319482a1d1f08d80643f4dc%7C17f1a87e2a254eaab9df9d439034b080%7C0%7C0%7C637266236239153399&sdata=oRzEOtd5k5EsOamQCUGfGT%2BJqZ9tIT1sz0jfrg8froQ%3D&reserved=0)
	+ Black Lives Matter resource page: (e.g., Healing Action Toolkit and Healing Justice Toolkit)
* <http://www.eachmindmatters.org/wp-content/uploads/2017/06/EMM-Resources-for-Orgs-Working-with-African-American_Jan-2017.pdf>
	+ Resources for organizations working with African American Communities

**Articles**

* *When We Normalize Racism And Bigotry, We Do Violence To Our Mental Health*
	+ <https://mhanational.org/when-we-normalize-racism-and-bigotry-we-do-violence-our-mental-health>
* *Critical Consciousness of Anti-Black Racism: A Practical Model to Prevent and Resist Racial Trauma*
	+ Use UConn’s Library to access this free article
	+ <https://primo-pmtna01.hosted.exlibrisgroup.com/permalink/f/13ckh9o/TN_apa_articles10.1037/cou0000430>
* Your Black Colleagues May Look Like They’re Okay — Chances Are They’re Not
	+ <https://www.refinery29.com/en-us/2020/05/9841376/black-trauma-george-floyd-dear-white-people?utm_source=email&utm_medium=email_share>
* Channel Outrage and Disillusionment Into Action
	+ <https://www.insidehighered.com/views/2020/06/04/colleges-should-recommit-equity-looking-inward-and-changing-practices-opinion?utm_source=Inside+Higher+Ed&utm_campaign=8cdec75dfc-DNU_2019_COPY_02&utm_medium=email&utm_term=0_1fcbc04421-8cdec75dfc-199399201&mc_cid=8cdec75dfc&mc_eid=4195a41170&fbclid=IwAR1FheIxOOfWZKrn7ui35aICCxlPlc-IIAuJQzIVChd1T5rycudloCXQQco>
* The Lack of Mobilized Outrage For Police Killing Black Women Is An Injurious Erasure
	+ <https://www.bustle.com/p/the-lack-of-mobilized-outrage-for-police-killing-black-women-is-injurious-erasure-22953764?fbclid=IwAR3b3kCS8qGzlHt3PdI347Ejm6M5uemPorIzrPQ3R_Vit8kGL1CV8HUmcBM>
* No More Statements
	+ <https://www.insidehighered.com/views/2020/06/03/president-discusses-need-go-beyond-statements-response-killing-george-floyd-opinion?utm_source=Inside+Higher+Ed&utm_campaign=843a62deac-DNU_2019_COPY_02&utm_medium=email&utm_term=0_1fcbc04421-843a62deac-199399201&mc_cid=843a62deac&mc_eid=4195a41170&fbclid=IwAR2RM8XBIJNLx72FiLYAYIsNw4fyjxMTLNj9FRC-_BLRlsdnWKN-inHtDPg>
* The American Nightmare: To be black and conscious of anti-black racism is to stare into the mirror of your own extinction.
	+ <https://www.theatlantic.com/ideas/archive/2020/06/american-nightmare/612457/?utm_source=facebook&utm_medium=social&utm_campaign=share&fbclid=IwAR3InzYReocNewwtKVqCtFkvrOC3stNbnnTYXAuiLR0v7MMiqIQZNgpp_5U>
* Maintaining Professionalism In The Age of Black Death Is….A Lot
	+ [https://medium.com/@shenequagolding/maintaining-professionalism-in-the-age-of-black-death-is-a-lot-5eaec5e17585](https://medium.com/%40shenequagolding/maintaining-professionalism-in-the-age-of-black-death-is-a-lot-5eaec5e17585)
* How Higher Ed Can Fight Racism: ‘Speak Up When It’s Hard’
	+ <https://www.chronicle.com/article/How-Higher-Ed-Can-Fight/248897>
* 6 Considerations for School Leaders Making a Statement About George Floyd
	+ <https://www.edweek.org/ew/articles/2020/06/02/6-considerations-school-leaders-statement-george-floyd-.html>

**Anti-Racism Resources to Share with White People**

* <https://www.tolerance.org/professional-development/white-antiracism-living-the-legacy>
	+ White Anti-Racism: Living the Legacy
* <https://www.racialequitytools.org/resourcefiles/whiteaffinitygroup.pdf>
	+ Becoming an Anti-Racist White Ally: How a White Affinity Group Can Help
	+ By Ali Michael and Mary C. Conger with contributions from Susan Bickerstaff, Katherine CrawfordGarrett, and Ellie Fitts Fulmer, University of Pennsylvania
* <https://docs.google.com/document/u/0/d/1BRlF2_zhNe86SGgHa6-VlBO-QgirITwCTugSfKie5Fs/mobilebasic>
* <https://rainbowcenter.uconn.edu/resources/anti-racist-resources/>

Championed by the **Office for Diversity and Inclusion** with the support of **UConn SHaW’s Diversity, Health Equity, and Inclusion committee**, and other **diversity champions** across the university, this listing will continue to be updated as resources are identified.  Please feel free to circulate this information on social media and with your friends, family, and colleagues.