



Learning by Experience

Building COMMUNITY by Breaking Bias and Challenging Boundaries Resources
(Compiled by Binu Godage, Student Coordinator for Administration and Collaboration)

Resources for Black students:

- [Black and Emotional Mental Health Collective](#)
 - [Black Virtual Therapist Directory](#)
- [Black Girls Smile Resources](#)
- [The Link Between Experiences of Racism and Stress and Anxiety for Black Americans: A Mindfulness and Acceptance-Based Coping Approach](#)
- [Getting back to our lives in the aftermath of racial violence in the media](#)
- [Race-Based Traumatic Stress](#)
- [Coping with Race-Related Stress](#)
- [Making The Case That Discrimination Is Bad For Your Health](#)
- [Racial Battle Fatigue: What is it and What are the Symptoms?](#)
- [African-American Mental Health](#)
- [Coping with Racism & Discrimination](#)
 - Some readings from the same website [here](#)
- [The Mental Health Costs of Racism](#)
- [Online Therapy Options](#)
 - These are not specifically for Black students or students of color in general. This should be something to keep in mind when looking for mental health help as some resources may not be able to fully help you. Read “[Potential Barriers to Mental Health Care for Black Americans: How to Get Help](#)” for more information
- An older article, but still helpful: [How to take care of yourself in the wake of traumatic shootings](#)
- Hasn't been updated since last year, but has mental health resources/articles/podcasts for Black people: [Ourselves Black](#)
- [BLM Linktree](#)

How non-Black students can support Black people right now:

- Inform yourself!!! [Anti-racism resources](#)
- [Comprehensive Twitter thread](#) with resources to educate yourself and ways to support
- [BLM Linktree](#)

Resources related to Protesting:

- [Comprehensive Resource List](#) by a [twitter user](#)
 - Links to legal help, donation websites, protesting safety tips
- [BLM Linktree](#)