

**COUNSELING AND PSYCHOLOGICAL SERVICES
(CAPS) - WESLEYAN UNIVERSITY**

MENTAL HEALTH RESOURCES FOR BLACK STUDENTS

CAPS on-call service is available 24/7 for any student in distress who needs to speak with a clinician. Please call us at 860-685-2910 anytime for support.

Support Hotlines:

CAPS On-Call

[1-860-685-2910](tel:1-860-685-2910)

The Suicide Prevention Lifeline

[1-800-273-8255](tel:1-800-273-8255)

**The Anxiety and Depression
Association of America**

[1-240-485-1001](tel:1-240-485-1001)

The National Alliance on Mental Illness

[1-800-950-6264](tel:1-800-950-6264)

The Association of Black Psychologists

[1-301-449-3082](tel:1-301-449-3082)

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Online Mental Health Resources

CAPS Website — Race-Based Traumatic Stress and Psychological Injury

<https://www.wesleyan.edu/caps/CAPS%20at%20Home/Virtual%20Mental%20Health%20Resources.html>

Brukout media/Black Lives Matter

<https://www.brukout.media/blacklivesmatter>

A comprehensive list of mental health resources.

Black Mental Health Alliance <https://blackmentalhealth.com/>

Black Emotional and Mental Health Collective (BEAM)

<https://www.beam.community/>

Therapy for Black Girls

<https://therapyforblackgirls.com/> &

<https://therapyforblackgirls.com/podcast/>

Therapy for Black Men

<https://therapyforblackmen.org/>

Inclusive Therapists

<https://www.inclusivetherapists.com/>

**The National Queer and Trans Therapists of Color Network
(NQTTCN)**

<https://www.nqttn.com/>

MENTAL HEALTH RESOURCES FOR BLACK STUDENTS

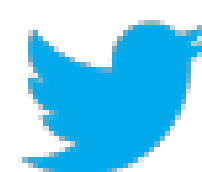


Surviving & Resisting Hate: A Toolkit For People of Color

#ICRaceLab

Dr. Hector Y. Adames & Dr. Nayeli Y. Chavez-Dueñas

1. Stay physically and psychologically healthy, by eating healthy, sleeping (7-8 hours a night), taking breaks from social media, and staying physically active.
2. Stay connected to individuals, communities, and organizations that affirm your humanity.
3. Listen to your gut and remember that a healthy cultural suspicion (suspicion of white supremacy, people and systems they created) has allowed People of Color to survive during the darkest times of our history.
4. Focus on your goals. Finish your projects, do the best you can at work, school, and home. Being successful in whatever you do is in and of itself an act of liberation and resistance.
5. Focus on change and organizing with the people closest to you including family, circle of friends, neighborhood, and place of employment. Focusing on the big-macro picture may feel paralyzing.
6. Give yourself permission to experience what injustice naturally evokes in you. All feelings are acceptable including anger, honor it; anger has led to positive change.
7. Listen and validate the experiences of People of Color with different backgrounds from your own.
8. The burden of oppression and injustice is too heavy to carry on your own. Do what it takes to keep yourself going while remaining committed to racial and social justice.
9. Focus on one breath and one step at a time while knowing and always keeping in mind that our ancestors never gave up; their resistance and fight led to the changes we enjoy today.
10. Remember that the system does not get to determine your worth, dignity, and humanity. Never forget that you matter!



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MENTAL HEALTH RESOURCES FOR BLACK STUDENTS

Your Life Matters. And So Does Your Mental Health.

Police brutality has a negative effect on the black community's mental health. As things escalate, it is vital to practice coping skills and self-care. These tips listed below may help with stabilizing your mental health during these times.

Social media breaks.

Social media can be full of negative images that can take a toll on your mental health.

Put down your phone if you start to get overwhelmed.



Accept the 5 stages of grief.

It is natural to grieve the loss of lives due to police brutality.

Denial, Anger, Bargaining, Depression, and Acceptance



Talk to family and friends.

Share your thoughts and feelings with those closest to you.



Channel your anger.

Learn how to implement change in your community and spread awareness about police brutality.

Turn your anger into something possible.



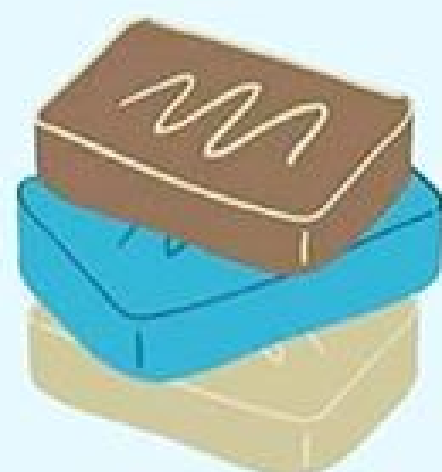
Stay Grounded.

Practice prayer, meditation, and practice mindfulness.



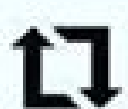
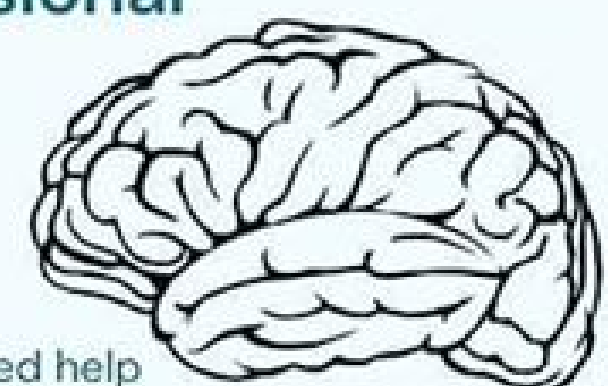
Take care of your body.

Remember that your body matters. Exercise, take a shower, or practice another form of self-care to heal from the physical



Seek professional help from a licensed therapist.

If you feel like you need help from a professional there are resources to receive online counseling sessions.



MENTAL HEALTH RESOURCES FOR BLACK STUDENTS

STEPS TO SELF CARE AFTER EMOTIONAL AND PSYCHOLOGICAL TRAUMA

Race-based trauma can create symptoms and experiences much like PTSD. Repeated race-based trauma puts your emotional, psychological, and physical well-being at risk

Mindful Isolation

Disconnect from triggering interactions or other situations that might elicit the fight-or-flight response

Discharge Energy

Find ways to exert physical energy. go for a brisk walk or run. Find (safe) ways to discharge intense anger that includes physical movement.

Ask For Help

If you find yourself unable to cope, find a trauma support group or therapist to assist you. You matter.

Community

Connect with people who you've identified as your empathetic and open support. Process your feelings with them.

Well-Being

- Feed yourself well
- Get good rest
- Avoid toxins
- Breath deep