



RACIAL EQUITY AND MENTAL HEALTH

November 19, 2020

Resources for those Facing Mental or Race-Based Trauma

The resources below are meant to help you find high quality mental healthcare, learn ways to support your mental health when faced with the traumas of racial injustice, and to help spark discussion with the people in your life about racial injustice. These resources are by no means exhaustive or one-size-fits-all. We encourage you to find strategies that best support your unique mental wellbeing.

Mental Health Resources

Media

- [The Four Bodies: A Holistic Toolkit for Coping With Racial Trauma](#) provides a good introduction to our resources section for the BIPOC community (Ogorchukwu, 2020).
- The National Alliance on Mental Illness (NAMI) has compiled [a list of mental health resources](#) for people of color. Suggestions range from therapy options to books to support groups (2020).
- This [Mental Health Resources For The Black Community](#) Instagram guide from the American Foundation for Suicide Prevention (2020) explains how racism affects the mental health of BIPOC. It also suggests ways that BIPOC can take care of their mental health including resources for finding culturally sensitive therapists that understand the effects of race-based trauma.
- This [Black Mental Wellness guide](#) from Black Mental Wellness, Corp. (n.d.) explores how to decide if therapy is for you, the different types of mental health treatment, and the unique concerns of mental healthcare for Black LGBTQ+ individuals.
- This [Therapy For Black Girls Podcast](#) (Therapy for Black Girls, n.d.) discusses all things mental health and personal development. Check out their episodes on *Building Your Coping Kit* (session 152), *The Impact of Racial Trauma* (session 134), *Recognizing & Managing Trauma* (session 113), and *How Racism Impacts Our Mental Health* (session 21).
- NAMI created this ["Black Mental Health Matters" Instagram guide](#) (n.d.) on Black Wellness and Resources available to the public.
- From the above guide, the University of Michigan created a video toolkit to support the well-being of students of color titled "[Young, Gifted, @ Risk and Resilient](#)"(2020).
- Cincinnati's own organization, 1N5, has compiled a list of resources for how to discuss race and racism with children. View their ["Racial Inequity and Mental Health"](#) guide for resources, videos, and media suggestions (1N5, 2020).



Crisis Resources

- The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. Visit, <https://suicidepreventionlifeline.org/> or dial 1-888-628-9454 to speak to someone.
- The National Suicide Prevention Lifeline recognizes that Native American and Alaskan Native populations may be at higher risk. Find an [abundance of resources specific to this community](#) on suicidepreventionlifeline.org (n.d.).
- ¿No hablas inglés? [Encuentra ayuda en el sitio web](#) de Suicide Prevention Lifeline.
- Text a trained Crisis Counselor 24/7 by texting TALK to 741741 for free or visiting crisistextline.org.

BIPOC-Specific Self-Care Resources

Self-care refers to the activities and routines practiced to benefit one’s psychological, physical, and spiritual well-being. In times of uncertainty, it is important to look after yourself and prioritize wellness.

- Check out Vice.com’s article titled “[Self-Care Tips for Black People Who Are Struggling With This Very Painful Week](#)” (Miller, 2020) for tips and resources.
- [Liberate](#) is a subscription-based meditation app designed for the BIPOC community. Led by BIPOC teachers and addressing common cultural experiences (such as microaggressions and internalized racism), the app starts at \$5.99 per month.
- This article titled “[Self-Care for People of Color after Psychological Trauma](#)” (Just Jasmine, 2016) provides a unique perspective (and some great background information) on self-care in the BIPOC community.

Did You Know? MindPeace has an entire toolkit devoted to self-care! We recently updated the guide for Fall 2020, and it can be found [HERE](#).

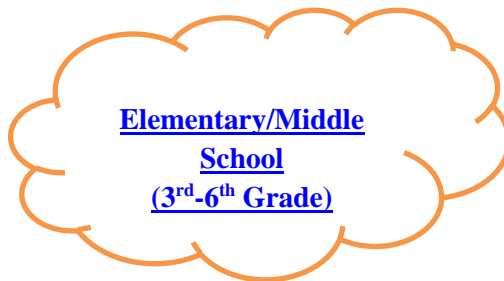
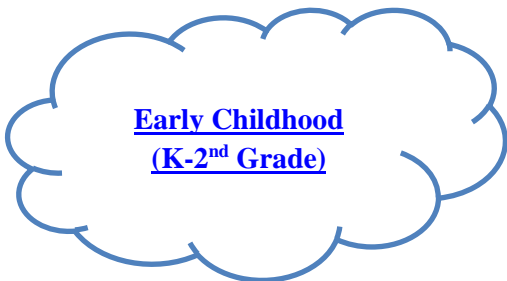


Finding Treatment for Youth

MindPeace houses its own database of local providers in the Greater Cincinnati area. Users are able to search for therapists based on specialty, therapy type, location, accepted insurance, and more. [Check out the full database on our website here.](#)

Virtual MindPeace Rooms™

MindPeace has created a virtual version of their [MindPeace Rooms™](#) to help children decompress and practice social-emotional and resiliency skills. The Rooms™ include videos, activities, and devices suitable for multiple age groups. Click on an age group below to see more:



References Available Upon Request

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