

Resources for Black People Experiencing Racial Trauma

General Tips

1. Allow yourself the space to grieve, it is okay to be emotional, to be angry, to be frustrated. Your pain is valid and should be expressed
2. Take some time off away from social media
3. Confide in those that you trust. Talk to them, lean on them, its okay to be vulnerable
4. Take a mental health day
5. Take care of your body
6. Indulge in Black creativity

Resources

- **Boris Lawrence Henson Foundation Free Virtual Therapy Campaign**- Actress Taraji P Henson has started a foundation offering free therapy to all who's overwhelmed by the traumatic images of our community
 - <https://borislhensonfoundation.org/>
- ***Sista Afya**- Low-Cost community mental health and wellness service centering black womxn in Chicago.
 - <https://linktr.ee/sistaafya>
- **Henry Health**- Culturally sensitive self-care support and mental health services. Providing free wellness calls and began a self-care community for black men
 - <https://linktr.ee/henryhealthapp>
 - <https://www.menthrive.com/>
- **Black Communities and Mental Health**
 - www.letserasethestigma.com/african-american-communities
- **Black Emotional and Mental Health Collective**
 - www.beam.community/
- **HealHaus**- healing space created in New York City that centers minority identities and is offering free virtual healing events via Zoom over the next week
 - <https://linktr.ee/healhaus>
- **Dive In Well**
 - www.diveinwell.com
- **Inclusive Therapists**- mental health community that commits to advancing justice and equity for all intersectional identities, centering the needs of marginalized, underserved populations
 - <https://linktr.ee/inclusivetherapists>
- ***Harriet's Apothecary**
 - www.harrietsapothecary.com/
- **Ethel's Club**- Social and Wellness Club designed for people of color. Offering free group therapy for the black community
 - <https://www.ethelsclub.com/>
- **The Nap Ministry**
 - <https://linktr.ee/thenapministry>
- **Nurturing Black Minds**- provides the necessary tools, information, and resources to build Black mental health and achieve progression through empowerment.
 - www.nurturingblackminds.com
- ***The Love Land Foundation**
 - <https://thelovelandfoundation.org/>

- ***Brown Girl Self Care-** Their mission is to provide revolutionary self-care resources and community to support Black women as they center their health and healing
 - <https://www.browngirlselfcare.com/>
- ***Melanated Women's Health**
 - <https://melanatedwomenshealth.com/>
- **Cultured Therapy-** Instagram account that provides mental health resources and tips that center Black communities
 - [https://www.instagram.com/culturedtherapy /](https://www.instagram.com/culturedtherapy/)
- **Therapy for Black Men**
 - <https://therapyforblackmen.org/>
- **The Confess Project-** committed to building a culture of mental health for boys, men of color, and their families through capacity building, advocacy, organizing and movement building. They believe in a world without barriers to stigma and shame.
 - <https://www.theconfessproject.com/covid19>
 - Hotline Number: 1-800-803-7847
- ***Manifesting M.E. Wellness-** dedicated to providing access to holistic healing for marginalized communities through yoga, Reiki, art therapy, transpersonal & metaphysical psychology, holistic nutrition, and hormone wellness counseling. We welcome and honor all expressions of gender, sexuality, and all body types from all circumstances of life as we believe everyone deserves wellness.
 - <http://manifestingmewellness.com/>
- **The Trevor Project-**leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.
 - <https://www.thetrevorproject.org/>
 - Hotline: 1-866-488-7386
- **The Siwe Project**
 - www.thesiweproject.com
- ***The Unplug Collective**
 - <https://theunplugcollective.com/>
- ***Therapy for Black Girls**
 - www.therapyforblackgirls.com

*Amazing resources that center black womxn and non-binary individuals

WAYS TO PROTEST SAFELY

***DO NOT SHARE PHOTOS THAT EXPOSE PROTESTORS IDENTITIES**

***DO NOT BE ON SOCIAL MEDIA DURING PROTESTS, YOU COULD BE PUTTING THE IDENTITY OF OTHERS AT RISK AND THE POINT OF PROTESTING IS TO SPEAK OUT AGAINST INJUSTICE NOT TO BE PERFORMATIVE**

***PRO-POLICE GROUPS HAVE BEEN SPREADING DISINFORMATION ABOUT PROTESTS SO PLEASE BE SURE TO CHECK YOUR SOURCES ON INFO ABOUT DEMONSTRATIONS**

***IF YOU'RE IN CHICAGO AND YOU OR ANYONE YOU KNOW GETS ARRESTED FOR PROTESTING CONTACT THE CHICAGO COMMUNITY BOND FUND: 773-309-1198**

***IF YOU'RE IN NEW YORK CITY AND YOU OR ANYONE YOU KNOW GETS ARRESTED FOR PROTESTING CONTACT THE LEGAL AID SOCIETY CHAPTER: 212-577-3300**

***Turn off the cellular data on your phone or go on airplane mode to disable data**

***IF YOU OR SOMEONE YOU KNOW GETS ARRESTED CONTACT YOUR LOCAL CHAPTER OF THE NATIONAL LAWYERS GUILD**

- <https://www.nlg.org/chapters/>
- 617-431-6626

Wear

- COVID-19 Protective gear
- Long pants and sleeves to cover your skin from tear gas
- Protective Shoes that are easy to run in
- Fume Mask
- Gloves
- Knee Pads
- Long Scarf or bandana
- Eyewear to protect yourself from air-borne chemicals
- Clothes without identifiable logos
- Clothes that are easy to move in

Bring

- A buddy that knows where you are at all times
- Bring extra masks because they will get wet from sweat
- Backpack
- Water + Snacks
- Charged Phone
- Emergency Contact Info
- Maalox + water in spray bottle
- Canola Oil + Rubbing alcohol
- Vinegar-soaked cloth
- Milk-soaked cloth
- First Aid supplies
- Hand sanitizer

FUNDS YOU CAN DONATE TO

- **NATIONAL BAIL FUND NETWORK-**<http://bit.ly/localbailfunds>
 - Directory for all the bail funds nationwide so people can support their local ones since protests have spread so far
- **George Floyd Memorial Fund-** Official GoFundMe to support the Floyd family
 - www.gofundme.com/f/georgefloyd
- **Justice for Breonna Taylor Petition and Fundraiser**
 - www.change.org/p/andy-beshear-justice-for-breonna-taylor
- **I Run with Maud- Justice for Amaud Arbery Fundraiser**
 - www.gofundme.com/f/i-run-with-maud
- **In Memory of Tony McDade Fund-** <https://www.gofundme.com/f/in-memory-of-tony-mcdade>
- **Chicago Freedom School-** Organization that hosts programs, resources, and trainings to support young people to take action for justice in their personal lives and communities

- www.chicagofreedomschool.org/support-us/donate
- **Assata's Daughters**- a Black woman-led, young person-directed organization rooted in the Black Radical Tradition that organizes young Black people in Chicago by providing them with political education, leadership development, mentorship, and revolutionary services
 - www.assatasdaughters.org/donate-1
- **Black People's Justice Fund**- created in response to the targeting of Black people by police that prioritizes Black folx in their work, but will extend support to people of color, as well. They also prioritize releasing LGBTQIA+ people who are at risk of violence in carceral spaces. It is their mission to end destructive bail practices in our community
 - <https://secure.everyaction.com/IFZFGA1BpUa9kyYYgSxSKw2>
- **Black Visions Collective**- Organizing campaigns centering and empowering black communities across the Twin Cities Metro Area and MN dedicated to Black Liberation and collective liberation
 - <https://secure.everyaction.com/4omQDAR0oUiUagTu0EG-Ig2>
- **Reclaim the Block**- Organizing to move money from the Minneapolis Police Department into programs and initiatives that promote community health and the safety of marginalized community members. Centers community-led safety initiatives and reducing the reliance on the Minneapolis Police Department
 - <https://secure.everyaction.com/zae4prEeKESHBy0MKXTIcQ2>
 - **Sign their PETITION**-<https://www.reclaimtheblock.org/home>
- **Minnesota Freedom Fund**- Nonprofit organization focused on paying criminal bails and immigration bonds for those who cannot afford to. Centers restorative and transformative justice initiatives
 - <https://minnesotafreedomfund.org/donate>
- **Communities United Against Police Brutality**- Twin-Cities based organization that centers creating a climate of resistance to abuse of authority by police organizations and empowers locals with a structure to bring police brutality to an end
 - <https://www.cuapb.org/>
- **Women for Political Change Mutual Aid Fund**- Direct financial aid for young women, trans and non-binary folks, prioritizing BIPOC
 - <https://www.womenforpoliticalchange.org/mutual-aid>
- **Columbus Freedom Fund**- Community Bail Fund centering black liberation and freedom. Uses funds to bail out those who have been arrested for expressing their CONSTITUTIONAL RIGHT TO PROTEST in Columbus
 - <https://www.paypal.me/columbusfreedomfund>
- **Northstar Health Collective**- organization focused on providing necessary health and medical resources to the communities fighting to survive in these moments of clear racial injustice
 - <https://northstarhealth.wordpress.com/donate/>
- **Louisville Community Bail Fund**- helps provide bail to those in Louisville who are being WRONGFULLY ARRESTED for exercising their right to protest
 - <https://actionnetwork.org/fundraising/louisville-community-bail-fund>
- **Chicago Community Bond Fund**- organization focused on providing bond funds and advocacy efforts to end money bond and pretrial incarceration in Cook County
 - <https://chicagobond.org/donate/>

- **Support Protestors in Atlanta** <https://actionnetwork.org/fundraising/support-justiceforgeorgefloyd-protesters-in-atlanta>
- **Chicago Alliance Against Racist and Political Repression**- Defends the civil liberties of workers, activists, and prisoners. We struggle against white supremacy, the prison-industrial complex, and state violence. We demand community control of the police and full representation for Black people and other poor and oppressed people at all levels of government
 - <https://www.caarpr.org/>
- **Unicorn Riot**- Decentralized, educational non-profit media organization dedicated to exposing root causes of dynamic social & environmental issues
 - www.givemn.org/organization/unicorn-riot
- **Campaign Zero**- Online platform and organization that utilizes research based policy solutions to end police brutality in America
 - <https://www.joincampaignzero.org/>
- **NAACP Minneapolis**-
 - <http://www.mplsnaacp.org/>
- **Take Action MN**-a multi-racial people's organization building power for a government and economy that works for all of us.
 - <https://takeactionminnesota.org/donate/>
- **Minnesota Voice**- member-based coalition of non-profit organizations working toward permanent change in racial, social, and economic justice by increasing civic engagement and voter participation across the state, especially focused in underrepresented communities; making sure that every Minnesotans' voice is heard, and the state reflects the values of its people
 - <https://www.givemn.org/organization/Minnesota-Voice>
- **Solutions NOT Punishment Collaborative**- Builds power of Black trans and queer people to force systemic divestment from the prison industrial complex and invest in community support
 - <https://www.snap4freedom.org/home>
- **The Marsha P Johnson Institute**
 - <https://marshap.org/donate/>
- **Black AIDS Institute**- Working to end the Black HIV epidemic through policy, advocacy, and high-quality direct HIV services
 - www.blackaids.org
- **Trans Cultural District**- The world's first-ever legally recognized trans district which aims to stabilize and economically empower the trans community
 - www.transgenderdistrictsf.com
- **LGBTQ+ Freedom Fund**- Posts bail for LGBTQ people held in jail or immigrant detention and raises awareness of the epidemic of LGBTQ overincarceration
 - www.lgbtqfund.org
- **House of GG**- Creating safe and transformative spaces for community to heal and nurturing them into tomorrow's leaders, focusing on trans women of color in the South
 - www.houseofgg.org
- **Trans Justice Funding Project**- Community-led funding initiative to support grassroots trans justice groups run by and for trans people
 - www.transjusticefundingproject.org

- **The Okra Project**- Collective that seeks to address the global crisis faced by Black Trans people by bringing home-cooked meals and resources to the community
 - www.theokraproject.com
- **Youth Breakout**- Works to end the criminalization of LGBTQ youth in New Orleans to build a safer and more just community
 - www.youthbreakout.org
- **Black & Pink**- A national prison abolitionist organization dedicated to dismantling the criminal punishment system and the harms caused to LGBTQ+ people and people living with HIV/AIDS who are affected by the system through advocacy, support, and organizing
 - <https://www.blackandpink.org/>
- **Homeless Black Trans Women Fund**- This is a fund for the community of Black Trans women that live in Atlanta and are sex workers and/or homeless
 - <https://www.gofundme.com/f/homeless-black-trans-women-fund>
- **Center for Black Equity**- Connects members of the Black LGBTQ+ community with information and resources to educate, engage and empower their fight for equity and access
 - <https://centerforblackequity.org/donate/#>
- **OTHER STATE/NATIONAL BOND FUNDS TO DONATE TO- via Paige Brann**
 - https://docs.google.com/spreadsheets/u/0/d/1SR11HOoBC_RSI4X8e_O8W9yI-7E7WJfJgYpa3UAUY-o/htmlview?usp=gmail

WAYS TO TAKE ACTION

General Tips

*Everyone has a role they **MUST** play to fight back and demand justice

*For more information on what's happening in your area, look into your local Black Lives Matter Chapter by searching "Black Lives Matter (closest major city to you)"

*There are more than 26 **WAYS TO BE IN THE STRUGGLE BEYOND THE STREETS!!**

Read this document to see how you can get involved right from

home: https://issuu.com/nlc.sf.2014/docs/beyondthestreets_final

- **May 31st- CHICAGO DEMANDS POLICE ACCOUNTABILITY MARCH**
 - <https://www.facebook.com/events/655807318482840/+>
- **Sign Petition to demand justice for George Floyd!!-** www.justiceforbigfloyd.com
- **Sign Petition to demand justice for Tony McDade!!-** <https://www.change.org/p/black-lives-matter-activists-justice-for-tony-mcdade?signed=true>
- **JUNE 1ST- OAKLAND George Floyd Solidarity March**
 - June 1st 4pm @ Oakland Tech
- **JUNE 3RD SF Bay Area George Floyd Protest**
 - June 3rd 4pm @Mission High
- **Contact Mayor Greg Fischer to demand justice for Breonna Taylor**
 - **502-574-2003**
 - greg.fischer@louisvilleky.gov
 - **Script Sample:** Hello, my name is (). I am contacting you with regards to the recent murder of Breonna Taylor. I am joining her family in asking for four things. I am demanding the Mayor and the City Council address the use of force by LMPD. I am asking that the officers that murdered Breonna be **FIRED** and have their pensions **REVOKED**. I am asking for their

IMMEDIATE ARREST. I am asking for all necessary information to be provided to a local, independent civilian community police accountability council. I am asking for policy to be created for transparent investigation processes due to law enforcement misconduct. This issue really affects me because (). Your IMMEDIATE ACTION is necessary. Thank you and have a nice day.

- If you haven't done this before, be respectful when you call. Be firm and thorough. Be persistent, but be kind. Leave a message if you have to. Ask to be transferred to someone else if nobody is available.
- **Contact Governor Andy Beshear to demand justice for Breonna Taylor**
 - **502-564-2611**
 - **Script Sample:** Hello, my name is (). I am contacting you with regards to the recent murder of Breonna Taylor. I am joining her family in asking for four things. I am demanding the Mayor and the City Council address the use of force by LMPD. I am asking that the officers that murdered Breonna be **FIRE**D and have their pensions **REVOKED**. I am asking for their **IMMEDIATE ARREST**. I am asking for all necessary information to be provided to a local, independent civilian community police accountability council. I am asking for policy to be created for transparent investigation processes due to law enforcement misconduct. This issue really affects me because (). Your **IMMEDIATE ACTION** is necessary. Thank you and have a nice day.
 - If you haven't done this before, be respectful when you call. Be firm and thorough. Be persistent, but be kind. Leave a message if you have to. Ask to be transferred to someone else if nobody is available.
- **Contact Attorney General Daniel Cameron to demand justice for Breonna Taylor**
 - **502-696-5300**
 - **Script Sample:** Hello, my name is (). I am contacting you with regards to the recent murder of Breonna Taylor. I am joining her family in asking for four things. I am demanding the Mayor and the City Council address the use of force by LMPD. I am asking that the officers that murdered Breonna be **FIRE**D and have their pensions **REVOKED**. I am asking for their **IMMEDIATE ARREST**. I am asking for all necessary information to be provided to a local, independent civilian community police accountability council. I am asking for policy to be created for transparent investigation processes due to law enforcement misconduct. This issue really affects me because (). Your **IMMEDIATE ACTION** is necessary. Thank you and have a nice day.
 - If you haven't done this before, be respectful when you call. Be firm and thorough. Be persistent, but be kind. Leave a message if you have to. Ask to be transferred to someone else if nobody is available.
- **Contact Hennepin County DA Michael Freeman to demand that Derek Chauvin and Tou Thao face justice for the murder of George Floyd**
 - **612-348-5550**

- **Script Sample:**Hi, my name is () from () and I am calling on behalf of George Floyd and the injustice that he faced. I demand those four officers to be arrested because being fired is not enough!
- If you haven't done this before, be respectful when you call. Be firm and thorough. Be persistent, but be kind. Leave a message if you have to. Ask to be transferred to someone else if nobody is available.
- **Call Mayor Jacob Frey**
 - **612-673-2100**
 - **Script Sample:**Hi, my name is () from () and I am calling on behalf of George Floyd and the injustice that he faced. I demand those four officers to be arrested because being fired is not enough!
 - If you haven't done this before, be respectful when you call. Be firm and thorough. Be persistent, but be kind. Leave a message if you have to. Ask to be transferred to someone else if nobody is available.
- **Flood the Minneapolis Police Station with Calls**
 - **MPD Number: 612-673-3000**
 - **Script Sample:**Hi, my name is () from () and I am calling on behalf of George Floyd and the injustice that he faced. I demand those four officers to be arrested because being fired is not enough!
 - If you haven't done this before, be respectful when you call. Be firm and thorough. Be persistent, but be kind. Leave a message if you have to. Ask to be transferred to someone else if nobody is available.
- **Call Mayor Jeffrey W. Hall to demand justice for McKinsley Lakeith**
 - **318-449-5000**
- **Flood the Alexandria Police Department to demand justice for McKinsley Lakeith**
 - **318-449-5099**
- **Call the Chicago Police Department to DEMAND JUSTICE for those who've been arrested for expressing their RIGHT to protest**
 - **Harrison and Kedzie: 312-746-8386**
 - **51st and Wentworth: 312-747-8366**
 - **State and 18th: 312-745-4290**
 - **Larrabee: 312-742-5870**
 - **Sample Script:** Hello my name is () and I live in (neighborhood). I'm calling to DEMAND that Chicago Police Department immediately release all protestors arrested during today's action
 - If you haven't done this before, be respectful when you call. Be firm and thorough. Be persistent, but be kind. Leave a message if you have to. Ask to be transferred to someone else if nobody is available.
- **Text FLOYD to 55156**
- **Text ENOUGH to 55156**
 - **Demand justice for Breona Taylor because the officers that murdered her still have jobs**
- **Text JUSTICE to 55156**
 - **Demand that District Attorneys George Barnhill and Jackie Johnson are removed from office**
- **Text "TONY MCDADE" TO 484848**

- Demand justice for Tony McDade because the body camera footage has NOT been released and the officers that murdered him still have jobs
- **Join the efforts of your local BlackLivesMatter Chapter**
 - National Website-<https://blacklivesmatter.com/>
 - BLM Chicago- <https://www.blacklivesmatterchicago.com/>
 - BLM NYC- <https://blacklivesmatternyc.com/>
 - BLM Los Angeles- <https://instagram.com/blmosangeles>
 - BLM Detroit- <https://www.blmdetroit.com/>
 - BLM Louisville- <https://www.facebook.com/blacklivesmatterlouisville/>
 - BLM Atlanta- <https://www.blacklivesmatteratl.org/>
 - BLM DC- <https://www.blacklivesmatterdmv.org/>