MENTAL HEALTH RESOURCES FOR STUDENTS OF COLOR

In addition to the services provided through CPS, we also recommend the following:

### COPING & SELF-CARE RESOURCES
- General Coping Strategies
- Black Lives Matter Meditations for Healing Racial Trauma
- Proactively Coping with Racism
- Emotionally Restorative Self Care for People of Color
- Talking About Race: Self Care
- Four Ways People of Color Can Foster Mental Health & Practice Restorative Healing
- Grief is a Direct Impact of Racism: Eight Ways to Support Yourself
- Discrimination: What it is and How to Cope
  - Liberate Meditation App
  - Black Mental Wellness
  - Black Girls Smile

### REFERRAL & EDUCATIONAL RESOURCES
- The Steve Fund
- Black Mental Health Alliance
- Black Emotional & Mental Health Collective
  - Therapy for Black Girls
  - Therapy for Black Men
  - Black Men Heal
- Queer & Trans Therapists of Color Network

### TEXT & PHONE SUPPORTS
- Crisis Text Line for Young POC
  - Text STEVE to 741741
- National Suicide Prevention Lifeline
  - 1-800-273-8255
- The Trevor Project
  - 1-866-488-7386
  - Text “Trevor” to 1-202-304-1200