Resources for Healing and Coping

Please note that most of these resources have been gathered and shared by the Oregon Association for Multicultural Counseling and Development. We have added additional resources to their list that may be of interest to faculty, staff, and students. We also encourage you to view their acknowledgement statement of solidarity. We greatly value their work in our community and support their endeavors.

Resources

Phone Apps

- Liberate Meditation App for BIPOC
- Shine Text Self-Care App
- The Safe Place App

Podcasts

- Therapy For Black Girls
- Busy Being Black (Exploring QT Black lives)
- Hoodrat to Headwrap: A Decolonized Podcast
- 1619 by the NY TIMES
- Code Switch
- Cultural Humility Podcast
- School Colors Podcast
- Naming It Podcast
- Black and Highly Dangerous Podcast
- The Thoughtful Counselor
- Strange Fruit

Social Media:

- Video series on Street Somatics: Tips for Regulating During Uprisings
- Racial Trauma and Lowering Cortisol Levels
- How to Rest and Recover While You Fight for Social Change
- Preventing Burnout: Keeping the Movement Alive
- Layla F. Saad
- Desa Karye Daniel
- Mr. Ken Shell
- Rachel Cargle
- Wear Your Voice Magazine
- Mia Mingus
- Decolonizing Therapy - Dr. Jennifer Mullan
- The Conscious Kid
Websites

- Black Lives Matter: Meditations
- Black Lives Matter: Toolkits/Therapy for Black Girls Online Space
- Supporting Kids of Color in the Wake of Racialized Violence
- Filling Our Cups: 4 Ways People of Color Can Foster Mental Health and Practice Restorative Healing
- Surviving and Resisting Hate Toolkits
- Radical Self-Care in the Face of Mounting Racial Stress
- Tips for Self-Care: When Police Brutality Has You Questioning Humanity and Social Media is Enough
- Tips for Supporting Each Other
- Heal Haus Online Classes
- Therapyforblackmen.com
- AYANA Online Therapy

Books

- Healing Racial Trauma by Sheila Wise Rowe
- My Grandmother’s Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies by Resmaa Menakem
- The Racial Healing Handbook by Anneliese A. Singh
- Beyond Inclusion, Beyond Empowerment: A Developmental Strategy to Liberate Everyone by Leticia Nieto

Culturally Sensitive Crisis Resources

- People of Color Crisis Text Line (The Steve Fund)
  - Text STEVE to 741741 https://www.stevefund.org/
- Amala Muslim Youth Hopeline:
- Ayuda en Espanol:
  - 1-888-628-9454
- Muslim Crisis Text Line
  - Text SALAM to 741741

If you have experienced any discrimination or harassment as a result of your perceived identity, we encourage you to access:

- For mental health and health support, we encourage you to contact Student Health and Counseling Services (SHAC). SHAC services are available M-F from 9-5 pm, simply call 503-725-2800 to set up a telehealth appointment.
- For community support, we encourage you to reach out to the PSU Cultural Resource Centers. The Cultural Resource Centers offer a space for connection and community building.
- For reporting your experience and to access support, we encourage you to contact the Bias Review Team through the Office of Global Diversity and Inclusion