

African American and Black Specific Mental Health and Trauma Student Resources

UAB Racial Trauma and Healing Resource Toolkit:

https://docs.google.com/spreadsheets/d/1QHAAeQAk7DnpxSzRCjuPqqWN2qFdG5_gCnAWXWXqNfQ/htmlview

- Sections on: Mental Health; Black Mental Health; Get Involved; Action/Safety; Movies; TV Shows; Books; Podcasts, etc.

Black Emotional and Mental Health Collective (BEAM) <https://www.beam.community/>

The Steve Fund African American Mental Health <https://www.stevfund.org/the-steve-fund-responds-to-the-nations-climate-on-race/>

Community Healing Network: Healing in the Face of Racial Trauma

<https://www.communityhealingnet.org/resources/>

NAMI African American Mental Health: <https://www.nami.org/Support-Education/Diverse-Communities/African-American-Mental-Health>

Self-Care Tips For Black People Who Are Struggling With This Very Painful Week (Vice)

https://www.vice.com/en_us/article/g5pgmq/self-care-tips-for-black-people-struggling-from-painful-week

Boston College Racial Trauma Toolkit: <https://www.bc.edu/bc-web/schools/lynch-school/sites/isprc/isprc-advisory-board.html>

NYU The Trauma of Racism: <https://www.issuelab.org/resources/23698/23698.pdf>

How to be a better ally resources: https://docs.google.com/document/d/1BRIF2_zhNe86SGgHa6-VIBO-QgirlTwCTugSfKie5Fs/mobilebasic?urp=gmail_link

Ten Steps of Non-Optical Allyship: <https://chorus.fm/blog/ten-steps-of-non-optical-allyship/>

How to Make this Moment the Turning Point for Real Change: <https://medium.com/@BarackObama/how-to-make-this-moment-the-turning-point-for-real-change-9fa209806067>

Color of Change: <https://colorofchange.org/>

Love is Louder: A Project of the JED Foundation <https://www.loveislouder.org/>

Active Minds https://www.activeminds.org/?gclid=CjwKCAjw2uf2BRBpEiwA31VZjwT-CtaW7zAEbtX_RkN8VkYvM14IBXkXrot5FIWExl4yvCN8UmmjkBoCi3MQAvD_BwE

Young, Black Men, Masculinities, and Mental Health <https://www.ybmenproject.com/>

Management Leadership for Tomorrow: <https://mlt.org/>

Racism, Equality, Ethics: Academy of Management <https://news.aom.org/2020/06/05/insights-special-issue-racism-equity-ethics/>

American Academy of Pediatrics "The Traumatic Impact of Racism and Discrimination on Young People and How to Talk About It" Chapter from Reaching Teens: <https://tinyurl.com/ycbk3gg8>

American Academy of Pediatrics “Raising Youth of Color in a Complex World” Chapter from Building Resilience in Children and Teens: https://parentandteen.com/pdf_diles/building-resilience-aap-raising-youth-of-color/

The Role of Public Health in Addressing Racial and Ethnic Disparities in Mental Health and Mental Illness: https://www.cdc.gov/pcd/issues/2010/jan/09_0125.htm

Mental Health Disparities: African Americans (American Psychiatric Association) <https://www.psychiatry.org/psychiatrists/cultural-competency/education/mental-health-facts>

Black Mental Health Isn't the Same as White Mental Health <http://mentalhealthchannel.tv/episode/black-mental-health-isnt-the-same-as-white-mental-health>

USDHHS Office of Minority Health, USDHHS: Mental and Behavioral Health – African Americans <https://www.minorityhealth.hhs.gov/omh/browse.aspx?lvl=4&lvlid=24>

National Institute on Minority Health and Health Disparities: Brother, You're on My Mind Toolkit <https://www.nimhd.nih.gov/programs/edu-training/byomm/toolkit.html>

US inner-city children suffer 'war zone' trauma: <https://www.youtube.com/watch?v=xKLFbFiLo>

UAB Student Multicultural and Diversity Programs <https://www.uab.edu/students/diversity/>

UAB Blazer Male Excellence Network (BMEN) <https://www.uab.edu/students/diversity/mentorship/bmen>

UAB BWOMEN <https://www.uab.edu/dei/aafa/get-involved>

UAB Black Student Awareness Committee <https://www.uab.edu/students/diversity/programs/black-student-awareness-committee>

UAB Black Student Graduate Association <https://www.uab.edu/bgsa/>

UAB Student Counseling Services: <https://www.uab.edu/students/counseling/>

UAB Crisis Text Line: text “UAB” to 741741

NAMI Helpline at 800-950-NAMI or text “NAMI” to 741741

National Suicide Prevention Hotline: 800-273-8255 or Contact the Crisis Text Line by texting “BRAVE” to 741-741 (<https://www.crisistextline.org>)

Crisis Center Birmingham: 205-323-7777

UTALK Kids and Teens Talk and Text Line: call or text 205-328-5465 from 3pm-10pm
