

Black Lives Matter Movement Resources



Mental Health

[Black Emotional and Mental Health Collective \(BEAM\)](#)

Group aimed at removing the barriers that Black people experience getting access to or staying connected with emotional health care and healing. They do this through education, training, advocacy and the creative arts.

[Black Mental Health Alliance](#) - (410) 338-2642

Provides information and resources and a “Find a Therapist” locator to connect with a culturally competent mental health professional.

[Black Mental Wellness](#)

Provides access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective, as well as training opportunities for students and professionals.

[Black Women’s Health Imperative](#)

Organization advancing health equity and social justice for Black women through policy, advocacy, education, research and leadership development.

[Boris Lawrence Henson Foundation](#)

BLHF has launched the COVID-19 Free Virtual Therapy Support Campaign to raise money for mental health services provided by licensed clinicians in our network. Individuals with life-changing stressors and anxiety related to the coronavirus will have the cost for up to five (5) individual sessions defrayed on a first come, first serve basis until all funds are committed or exhausted.

[Brother You’re on My Mind](#)

An initiative launched by Omega Psi Phi Fraternity, Inc. and NIMHD to raise awareness of the mental health challenges associated with depression and stress that affect Black men and families. Website offers an [online toolkit](#) that provides Omega Psi Phi Fraternity chapters with the materials needed to educate fellow fraternity brothers and community members on depression and stress in Black men.

[Ourselves Black](#)

Provides information on promoting mental health and developing positive coping mechanisms through a podcast, online magazine and online discussion groups.

[POC Online Classroom](#)

Contains readings on the importance of self care, mental health care, and healing for people of color and within activist movements.

[Therapy for Black Girls](#)

Online space dedicated to encouraging the mental wellness of Black women and girls. Offers listing of mental health professionals across the country who provide high quality, culturally competent services to Black women and girls, an informational podcast and an online support community.

Student Activism

[How Student Activism Shaped the Black Lives Matter Movement](#)

Forbes article discussing how student activism has helped shaped this movement.

[The Root](#)

Liberal African-American-oriented online magazine.

[Black Lives Matter Greater NY](#)

Black Lives Matter Youth Coalition is facilitated by culturally responsive adult partners who guide students to finding their inner and outer voices.

[NAACP](#)

The mission of the NAACP Youth & College Division shall be to inform youth of the problems affecting African Americans and other racial and ethnic minorities; to advance the economic, education, social and political status of African Americans and other racial and ethnic minorities and their harmonious cooperation with other peoples; to stimulate an

appreciation of the African Diaspora and other people of color's contribution to civilization; and to develop an intelligent, effective youth leadership.

Self-Care

Many mental health conditions are being triggered as a result of the coronavirus, the economic crisis and repeated racist incidents and death.

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- [Article](#) on coping with anticipatory grief
- [Article](#) on coping with traumatic stress
- [Article](#) on Racial Battle Fatigue

Social Media

[Rachel Cargle](#)

Academic, writer, and lecturer Rachel encourages critical thinking and guides conversations through her social media.

Instagram: @rachel.cargle

[Van Jones](#)

Founder of Reform Alliance, a non-profit organization with a goal to reform the U.S. criminal justice system. Van is also a CNN political contributor and a change maker.

Instagram: @vanjones68 and @reform

[Grace F Victory](#)

Blogger, YouTube, mental health advocate, columnist and podcast host Grace is an award winning creator. She talks about problems that all young people face. Together with Simone Powderly she hosts a podcast called [The Sister Space Podcast](#), a remembrance of power and a safe space to be.

Instagram: @gracefvictory

[Trevor Noah](#)

Comedian, talk show host and New York Times bestselling author Trevor Noah is best known for his debut book, *Born a Crime: Stories from a South African Childhood* as well as his role as host of *The Daily Show*.

Instagram: @thedailyshow

[Black Lives Matter](#)

Join the global movement, find out more about how you can show your support.

Instagram: @blklivesmatter

[CHNGE](#)

Clothing brand that supports important causes makes informative posts on social media and donates profits to campaigns such as Black Lives Matter.

Instagram: @chnge

[Foundation of Freedom](#)

A non-profit organization founded by SUNY Old Westbury alumni with a mission to economically empower the African diaspora through activism, creative campaigns, and innovative educational platforms.

Instagram: @offreedomorg

[Reni Eddo-Lodge](#)

Award winning journalist, author, and podcaster. Reni is well known for her non-fiction book, *Why I'm No Longer Talking to White People About Race*. Her book explores issues ranging from whitewashed feminism to the link between class and race, eradicating black history to white privilege.

Instagram: @renieddolodge

[Campaign Zero](#)

A campaign to end police violence through limiting police interventions, improving community interactions, and ensuring accountability.

Instagram: @campaignzero

Educational Material

[What Is White Privilege, Really?](#)

Teaching Tolerance Issue 60, Fall 2018

By Cory Collins

[Interrupting Bias](#)

Seed the Way

13th

An in-depth look at the prison system in the United States and how it reveals the nation's history of racial inequality.

[When They See Us](#)

Mini-series based on a true story. Five teens from Harlem become trapped in a nightmare when they're falsely accused of a brutal attack in Central Park.

[LA 92](#)

Twenty-five years after the verdict in the Rodney King trial sparked several days of protests, violence and looting in Los Angeles, filmmakers examine that tumultuous period through rarely seen archival footage.

[How to be an Antiracist](#)

By Ibram X. Kendi

[They Can't Kill Us All: The Story of the Struggle for Black Lives](#)

By Wesley Lowery

[White Fragility: Why It's So Hard for White People to Talk About Racism](#)

By Robin DiAngelo, Michael Eric Dyson (foreword by)

[The New Jim Crow: Mass Incarceration in the Age of Colorblindness](#)

By Michelle Alexander

Black Led LGBTQ+ Organizations

[LGBTQ Freedom Fund](#)

Fight mass jailing of LGBTQ people.

[Anti-Violence Project](#)

Based in NYC, empowers lesbian, gay, bisexual, transgender, queer, and HIV-affected communities and allies to end all forms of violence through organizing and education, and supports survivors through counseling and advocacy.

[Trans Women of Color Collective](#)

This organization makes sure that trans people of color are the ones who get to tell their stories and aren't silenced.

[Black Trans Travel Fund](#)

This organization raises money and provides safe transportation for black trans women so they can travel without fear.

[Trans Justice Funding Project](#)

Community led funding initiative supporting grassroots, trans justice groups run by and for trans people.

[Black AIDS Institute](#)

Uniquely Black think and do tank in America powered by two decades of work to end the Black HIV epidemic and led by people who represent the issues they serve.

[Transgender Law Center](#)

Grounded in legal expertise and committed to racial justice, they employ a variety of community driven strategies to keep transgender nonconforming people alive, thriving, and fighting for liberation.

[Brown Boi Project](#)

Works to transform the way communities of color talk about gender. They build the leadership, economic self sufficiency, and health of LGBTQ people of color- pipelining them into the social justice movement.

[Student Conduct and Community Standards](#)

Porter Hall 14 Lower Level

(716) 878-3051