CONTINUUM FOR COPING WITH RACISM AND TRAUMA

INDIVIDUAL
- Resources for Supporting Individuals
  - Mental Health Hotlines
  - Racial Equity Tools
  - Racial Healing and Racism Recovery Resources
  - Self Care
  - Guides for Allies

INTERPERSONAL & FAMILY
- Resources for Families & Interpersonal Relationships
  - Resources to Help You and Your Family Meet Their Basic Needs
  - Tools for Talking to Kids about Racism
  - Tips for Fostering Connection

COMMUNITY
- Resources for Engaging at the Local Level
  - Resources for Talking about Race in your Community
  - Organizations Focused on Trauma and Resilience

NATIONAL & GLOBAL
- Resources for Engaging at the National and Global Levels
  - Organizations Working to Advance Racial Justice
# Continuum of Resources for Coping with Racism and Trauma

<table>
<thead>
<tr>
<th>Level:</th>
<th>Individual</th>
<th>Interpersonal/ Family</th>
<th>Community/ Local</th>
<th>National/ Global</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Reading material:</strong></td>
<td><a href="#">Racial Trauma Issue Brief</a> and <a href="#">An Antiracist Reading List</a></td>
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<tr>
<td><strong>Resources, Tools, and/or Organizations</strong></td>
<td>• <a href="#">CrisisLink Hotline &amp; Textline</a></td>
<td>• Assistance from A Distance for meeting basic needs</td>
<td>• Center for Social Inclusion: Talking about Race Toolkit</td>
<td>• <a href="#">Poor Peoples Campaign: A National Call for Moral Revival</a></td>
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<td></td>
<td>• Employee Assistance Programs</td>
<td>• American School Counselors Association: Talking with Students about Racism</td>
<td>• RAISE (Resilience Alexandria: Inform. Support. Elevate.)</td>
<td>• <a href="#">GARE (Government Alliance for Race and Equity)</a></td>
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<td></td>
<td>• <a href="#">Racial Equity Tool: Racial Reconciliation and Racial Healing Resource Page</a></td>
<td>• Center for Racial Justice in Education: Resources for Talking about Race, Racism, and Racialized Violence with Kids</td>
<td>• SPAN (Suicide Prevention Alliance of Northern Virginia)</td>
<td>• PolicyLink</td>
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<td></td>
<td>• Project LETS: Race-Specific Resources &amp; Information</td>
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<td></td>
<td>• <a href="#">Institution for the Study and Promotion of Race and Culture: #racialtraumaisreal</a></td>
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<td></td>
<td>• <a href="#">Guide to Allyship</a> and <a href="#">Resource Page for White Allies</a></td>
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<tr>
<td><strong>What you can do RIGHT NOW</strong></td>
<td>• Practice <a href="#">Self-Care</a> (me) so you can engage in community care (we)</td>
<td>• Connect with justice-focused friends and colleagues</td>
<td>• Reach out to your faith community;</td>
<td>• <a href="#">Follow media outlets and sources that are authored by and for Black, Brown, and Indigenous communities</a></td>
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<td>• Follow these “Racism Recovery Plan Steps” from the Institution for the Study and Promotion of Race and Culture</td>
<td>• Listen to communities of color. Understanding what Black, Brown, or Indigenous people need to thrive is crucial right now</td>
<td>• Join your sorority or fraternity’s efforts</td>
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<td></td>
<td>• <a href="#">75 Things White People Can Do for Racial Justice</a></td>
<td>• Spread your compassion and empathy</td>
<td>• Support safe, peaceful protests/vigils</td>
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<td></td>
<td>• Learn - Visit some resources to support your own learning</td>
<td></td>
<td>• Create safe places for people to grieve, vent or plan for change</td>
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*CrisisLink Hotline & Textline*  
*Employee Assistance Programs*  
*Racial Equity Tool: Racial Reconciliation and Racial Healing Resource Page*  
*Project LETS: Race-Specific Resources & Information*  
*[Institution for the Study and Promotion of Race and Culture: #racialtraumaisreal](#)*  
*[Guide to Allyship](#) and [Resource Page for White Allies](#)*  
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*Follow these “Racism Recovery Plan Steps” from the Institution for the Study and Promotion of Race and Culture*  
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*Spread your compassion and empathy*  
*Reach out to your faith community;*  
*Join your sorority or fraternity’s efforts*  
*Support safe, peaceful protests/vigils*  
*Create safe places for people to grieve, vent or plan for change*  
*Center the stories and experiences of Black lives and other people of color*  
*Give time or funding, in any amount, to organizations that are led by and for people of color, organizing against anti-Black racism, and building infrastructure to advance racial justice*  
*Follow media outlets and sources that are authored by and for Black, Brown, and Indigenous communities to deepen our anti-racism work*