

FASA Community Healing Resources

The purpose of this resource document is to provide a brief list of resources to aid in uplifting the FASA and its greater community in this time of hurt, supporting the mental wellness of U-M students, and providing resources on gun violence awareness/safety. Please feel free to reach out to Celeste Kettaneh (kettaneh@umich.edu) or Amanda Sutherby (asutherb@umich.edu) if you want to add a resource or have any other questions/concerns.

Ways to Help

- [Spartan Strong Fund](#)
- [GoFundMe for Guadalupe Huapilla-Perez](#)
 - [GoFundMe for Aimee Barajas](#)
- [Brian Fraser Presidential Memorial Scholarship GoFundMe](#)

Information/Ways to Take Action

- [Strategies for Coping With and Preventing Gun Violence](#)
- [Gun Violence Archive 2023](#)
 - Charts, maps, and information guides on everyday gun violence
- [Giffords Law Center | Stories from the Movement](#)
 - Stories from gun violence survivors from 2003–present
- [Brady United Fact Sheets](#)
 - A list of fact sheets/graphics on gun violence, ownership, and more

Taking Action/Pages to Follow

- [@studentsdemandaction \(IG\)](#)
- [@nofuturewithouttoday \(IG\)](#)
- [BeSMART Framework](#)– Having conversations with children about gun safety

Uplifting our Communities

- [MSU Internal Rapid Response Toolkit](#)
- [Organizing Support for Victims/Survivors](#)
- Managing your distress in the aftermath of a shooting ([Article](#))
- Coping with Community Crisis ([Article](#))
- Crisis Navigation Resources ([Website](#))

Tools/Videos/Guides

- [Relaxing Philippine Music/Scenes \(4hrs\)](#)
- [Guided Meditation After Tragedy \(9mins\)](#)
- [Square Breathing Guide \(2mins\)](#)
- [Vicarious Trauma Fact Sheet](#)
 - For those who have been closely impacted by traumatic events
- [Psychology First Aid Manual](#)
- [Bilateral Tapping Therapy Tool](#)
- [5 Steps to Create Your Own Healing Space](#)– Define the space, declutter, add nature, use soothing sounds, use mood lighting

For Further Support

For your own wellness

- Counseling & Psychological Services (CAPS)– 734-764-8312
 - Located at 4th Floor of the Michigan Union
- [Eisenberg Family Depression Center](#)
- [University Health Services](#)
- [IG: asiansformentalhealth](#)
- [Inclusive Therapists Website](#)
- [Asian American Therapist Directory](#)

Mental Health Hotlines

- LGBT National Youth Talkline– 1-800-246-7743
- [CalHOPE Emotional Support Hotline](#)
 - Call CalHOPE (833) 317-HOPE (4673)
- [SAMHSA](#)– Call 800-985-5990
 - For TTY/hearing impaired access, call 800-846-8517