

Carolina Affective Science Laboratory Student Resources

This is a document to help all CASL students discern their careers and find the best research opportunities to fit their goals. This document may be especially helpful to first generation students and underrepresented students in STEM who can face systemic challenges to getting involved in research and pursuing a graduate degree. The goal of this document is to provide resources to help you (a) get involved in research (page 1), (b) get into graduate school (page 3), and (c) maintain your mental health as you do academic research (page 5). If the information you need is not addressed by this document, please reach out to your graduate mentor or to Dr. Kristen Lindquist - we are here to support you. You should also feel free to talk to us anytime about your career goals or interests--the best way we can help you is by knowing more about your goals, interests, and experiences!

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Research Resources

Finding Places to do Research:

UNC has a great [Psychology website](#) - which includes (among other things):

- [A helpful list](#) of career options for undergraduate psychology majors
- [Information](#) about Psychology-related clubs and volunteering opportunities at UNC and in the triangle
- [General Information](#) about undergraduate research
 - In particular, see the FAQ which contains information about finding a research mentor.

UNC also hosts a website for the [Office of Undergraduate Research](#) (OUR) - which includes (among other things):

- [Several tips](#) for finding research opportunities on campus
 - Check out their [guide for first year students](#)
- Information about:
 - [Research Workshops](#) on campus
 - [Information](#) about contacting or becoming an OUR student ambassador
 - [Information](#) about contacting an OUR faculty Liaison
 - The faculty Liaison for Psychology & Neuroscience is Sabrina Robertson
- This website also links out to some helpful resources:
 - [Tips](#) for preparing a curriculum vitae (like a research resume)
 - [Tips](#) for writing a contact email (to lab directors inquiring about open research positions)

Several academic societies also post opportunities, for example:

- The [American Psychological Association](#) (APA)
 - See their [Specialized list](#) of summer opportunities for students
- The [Society for Personality and Social Psychology](#) (SPSP)
- There are also a couple clearinghouses that post research opportunities for post-baccs
 - [Harvard Postgraduate opportunities](#)
 - [Duke](#)
 - [Cognitive Neuroscience opportunities](#)

How to Get Funding for Research, with an Emphasis on Opportunities for Individuals who are Underrepresented in STEM:

An insider tip: often students are able to self-nominate for awards and funding opportunities. If an award or funding mechanism requires a faculty nomination or letter, it is appropriate to email your graduate mentor or Dr. Linquist and ask them whether they can provide you a letter of support. Please just note that you need to give *at least* a 3-week heads up before the due date and provide relevant materials to them (your resume, statement of purpose, etc.)

Funding within UNC

- See this [Information about the Gil Internship](#)
- See [Undergraduate awards](#) given by the Psychology Department
- See [OUR Funding Opportunities](#)

- For sources of summer support, please visit the [Carolina Internal Funding Database](#). Many of the programs listed on the [Undergraduate Research Programs at UNC page](#) offer funding for undergraduate research.

Funding outside of UNC

- Several of the opportunities on the APA/SPSP list also include funded positions and summer opportunities during one's undergraduate degree.
 - [List](#) of undergraduate research opportunities and fellowships from the APA.
 - [List](#) of funded research opportunities for undergrads
 - Link to the [McNair Undergraduate scholarship program](#), and to the [UNC-specific McNair page](#)
 - [Link](#) to the APS online funding database, which provides scholarship opportunities for both undergraduates and graduate students.
 - [Link](#) to the leadership alliance Early Identification Program (EIP), which provides 8-10 week training and stipend to work at a research institution under the guidance of a faculty mentor.
 - [Link](#) to the Summer Research Opportunities Program (SROP), which provides funding for first generation students to conduct research at a big-10 university over the summer
 - Link to the [NSF Research Experience for Undergraduates \(REU\)](#) page
- Other organizations provide large funding opportunities for POC applying to a PhD program:
 - The [NSF GRFP](#) is a 3-year scholarship that will fully fund students and provide travel and internship opportunities. The GRFP application is due in October/November, the year you apply to graduate school
 - The NIH offers the [Ruth Kirschstein \(F31\) fellowship](#) for income PhD students interested in clinical sciences.
 - The [Ford predoctoral fellowship](#) offers full funding for PhD students, with an emphasis on recognizing the work of underrepresented minorities.
 - [NIH D-SPAN Award](#) offers funding for completing a PhD and opportunities for post-PhD advancement.
 - [BlackinNeuro](#) offers a range of awards for undergraduate students.

Publishing and Sharing

- [Information](#) for students interested in publishing their research
 - If you're interested in getting research published, there are several undergraduate research journals.
 - [Here's a list](#) of UNC recent undergrad publications for reference.
- [Information](#) for students interested in attending/presenting at conferences
- [Information](#) about the psychology Honors Program & Honors theses

How to Learn About Academic Publishing and Presenting:

- Make sure to take advantage of the UNC library databases. Your status as a student gives you access to research that is hot-off-the-press and that is being published in the world's top research journals.
- Reading primary research articles is a skill that takes time and practice to improve. If you're having trouble, popular science outlets are a great way to find and access interesting research. You can learn a bit about a new topic through these outlets to give yourself a better handle on the language and ideas being discussed before diving into related research articles!
 - Popular science/philosophy magazines (ex: [Quanta](#), [Wired](#), [Science Daily](#), [Psyche](#))
 - Most major online news outlets also have sections featuring science journalism
 - Some researchers write blogs (ex: <http://markallenthornton.com/blog/>)
 - Many researchers now have podcasts, here are some favorites:

- [Hidden Brain](#)
- [The Black Goat](#)
- [Circle of Willis](#)
- [99% Invisible](#)
- [Speaking of Psychology](#)
- Another great way to access contemporary research (and network) is to attend research talks on campus. Keep an eye on the [OUR event calendar](#).

Finding research books and scholarly articles

- Unpaywall: <https://unpaywall.org/>
- RBDigital: <https://rbdigital.com/>
- Kopernico: <https://kopernio.com/>
- Scribd: <https://www.scribd.com/>
- Audible: <https://www.audible.ca/> OR <https://www.audible.com>
- ResearchGate: <https://www.researchgate.net/>
- Google Scholar: <https://scholar.google.com>
- Udemy (online courses): <https://www.udemy.com/>
- Libby/Overdrive (connect with local library): <https://www.overdrive.com/>
- Z library libgen (e-library): <https://z-lib.org/>
- Coursera (online courses): <https://www.coursera.org/>
- E-cancer (cancer-specific): <https://ecancer.org/>
- Code academy (learn to code): <https://www.codecademy.com/>
- She Codes (learning to code for women): <https://www.shecodes.io/>

Networking/Social media/Research identifiers

- LinkedIn: <https://www.linkedin.com/>
- Scientist: scientistt.net
- Twitter: <https://www.twitter.com/>
- ResearchGate: <https://www.researchgate.net/>
- ORCID: <https://orcid.org/>
- Academia.edu: <https://academia.edu>
- Hootsuite (for managing social media): <https://hootsuite.com/>
- Forest app (for blocking social media): <https://www.forestapp.cc/>

Getting into Graduate School

There are many things you can do with an undergraduate or secondary degree in psychology.

Check [here](#) for examples of careers for undergraduate psychology majors.

Check [here](#) for additional information on careers in Psychology.

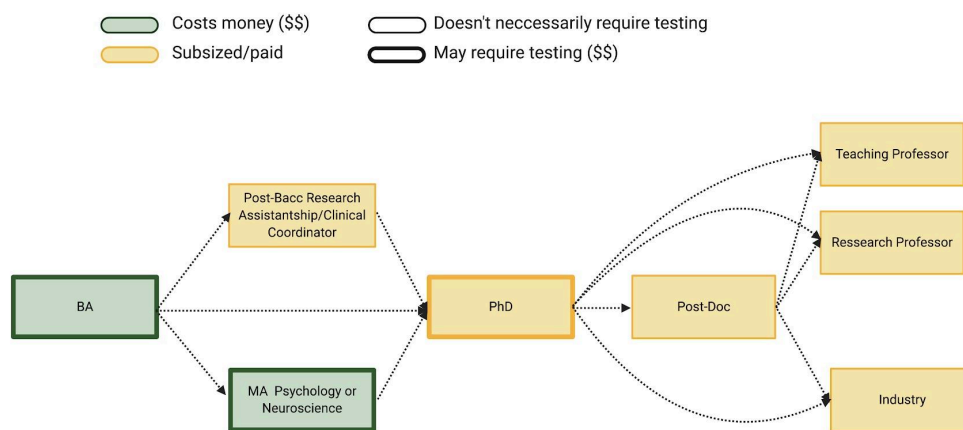
Getting into graduate school is hard- and it's difficult to know what to do to prepare. **The best thing you can do is find a mentor or an advisor who can help you construct a plan.** In the meantime, we have provided some extra tips here. The UNC Clinical Psychology Graduate Program also has resources on the [graduate school application process](#), [selecting a graduate program](#), [writing a personal statement](#), [getting quality research experience](#), [interviewing](#), and [preparing a CV](#).

Academic Career Schematic:

Students often have questions about what types of careers in Psychology/Neuroscience require certain degrees. Below are diagrams visualizing example career paths in psychology & the mental health profession. **Note that many people's paths are more winding than what is depicted here - some people skip steps, others repeat them.**

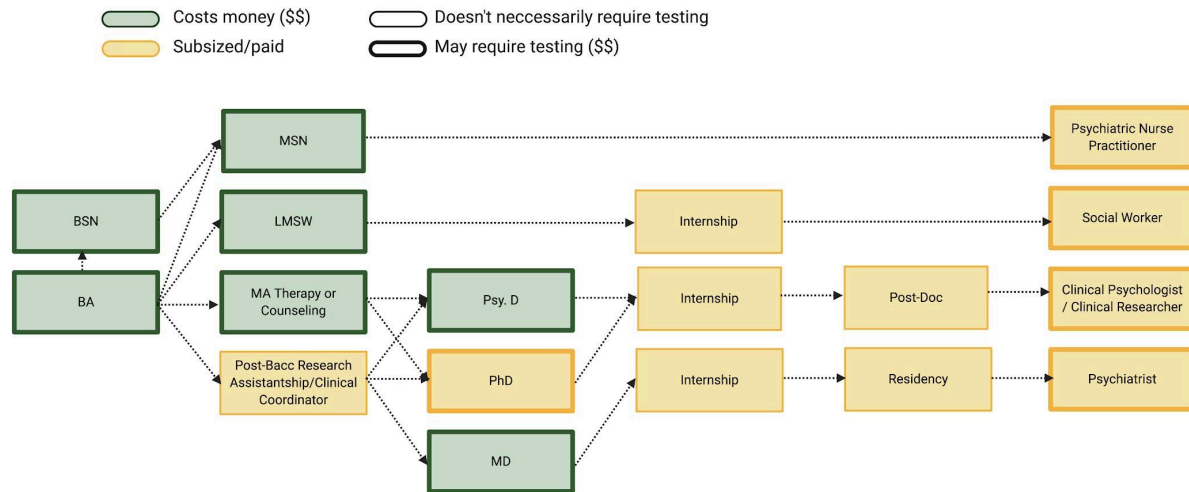
Interested in pursuing general psychology?

Examples of sub-specialties in psychology: Social, cognitive, health, forensic, translational, neuro-, developmental/geriatric, law, educational/school, organizational/industrial/business, sports, engineering, quantitative, or computational psychology.



Interested in becoming a mental health professional?

Check [here](#) for additional information on how to prepare for a career in the medical field.



If you want to choose the PhD route

In many ways, choosing the PhD route—with the goal of being a researcher, professor, or practitioner-scientist—is the least straightforward. The good news is that this is what your current professors did and what your current postdoc or graduate student mentors did, so reach out to them for advice!

What do schools look for?

Most PhD programs look for students who have done well in relevant classes, who have extensive research experience (>2 years in a research lab during undergraduate, having conducted independent research or a thesis, experience as a full-time research assistant, MA-level research experience), and who have a vision of the type of research topic they would like to study and research training they would like to receive during their PhD. This is a tall order, and the only way you get to this point is by gaining experience doing research.

Applications are judged based on some combination of students' personal statements, grades/test scores (although note that many graduate programs are doing away with the GRE because of its biased properties), research experiences and letters of recommendation. We have information above on how to write an excellent [personal statement](#) and how to [get quality research experience](#).

What if I don't think I can get into a PhD program straight out of undergrad or I tried and didn't get in this year?

PhD programs are incredibly selective and even very qualified applicants do not get accepted on their first try. If you don't feel ready or didn't get accepted, there are a couple options for next steps that will better prepare you.

1. Attain a post-bacc position. A “post-bacc” position is a full-time research assistant/lab manager/project coordinator position for BA/BS-level researchers. These positions would pay you a full-time salary (often in the range of \$30,000-35,000 for 1-3 years). They are intended for individuals interested in eventually applying to graduate programs but who want to gain additional skills and research experience prior to applying. These tend to be posted around November-March each year and are generally funded by researcher's personal research funds (as provided by the university or grants). Thus, not every researcher will have such a position in a given year.

The drawbacks to these types of positions is that they are generally only advertised via word of mouth and are competitive. Ask your advisor to make you aware of any that come across their desk (including any in their own lab!). Professional societies may also have listservs or message boards on which these positions get posted and researchers may post them on their personal website or Twitter. There are also a couple clearinghouses that post research opportunities for post-baccs:

- a. [Harvard Postgraduate opportunities](#)
 - b. [Duke](#)
 - c. [Cognitive Neuroscience opportunities](#)
2. Get a MA degree. Many PhD programs involve getting a Masters degree “along the way” (i.e., the first 2-3 years of your PhD is your MA and the remaining time is your PhD). However, you can also receive a “terminal MA” degree prior to applying to PhD programs. Having this may mean that you spend less

time in your PhD program once you get there, or it may mean that you can pass out of some requirements. Even if this is not the case, receiving a MA prior to applying to PhD programs can be advantageous because it is a way of getting additional independent research experience. This option might be especially advantageous for people who did not have ideal grades as undergraduates or who majored in something other than Psychology/Neuroscience because they “prove” you can engage in graduate-level work in Psychology/Neuroscience.

Note that if you want to attend an Experimental Psychology PhD program, you will want to focus on attending a MA program that will train you in Experimental Psychology (typically they are called “Experimental Psychology”). Note that there are many MA programs that are expensive but that would not be an ideal stepping stone to the PhD, so get advice from your mentors.

The drawbacks to these types of positions is that they are generally expensive. Many programs require you to pay tuition for 2-3 years (unlike PhD programs, which give you tuition remission and pay *you* a stipend towards living costs in return for research assistantships or teaching assistantships). You may decide that paying out of pocket or taking out loans to cover your tuition is worth it for you. If this is not the case, there are a handful of programs that have tuition support or are even fully-funded. For a list, see [here](#) and [here](#).

3. Become a volunteer Research Assistant while also Working. This option is less ideal for a lot of reasons, including the fact that you would not be being paid for your research experience. However, there are often volunteer positions open in labs that have flexible hours. If you are willing to support yourself on the side while gaining this experience, it may be a useful investment in your future. Talk to your advisors about how to best do this so you get the most out of the experience.

List of Tips from Current Graduate Students:

We asked current graduate students what they wished they had known before applying to graduate school. We list their responses below. This is not a completely comprehensive or representative list, but we hope it helps.

[+] “Practically: Get involved in research early! Find a mentor who can advocate for you (e.g., a graduate student), consider doing a thesis, take your math classes seriously & consider taking a computer science course.”

[+] “Personally: Don’t let the feelings that you’re unprepared/unqualified/undeserving of/people’s time prevent you from demanding the education and opportunities you deserve. It’s scary- so find people who can advocate for you and who can help you practice confidence.”

[+] “If you are a student from an under-represented group applying to grad school at a Big Ten school, you can apply for an application fee waiver through the Free App program! There are several other funding resources for applying to graduate school as well!”

[+] “If there aren’t many faculty at your school who do the kind of research you’re interested in (or even if there are!), look into summer research internship opportunities at other schools, especially schools that are close to home if you want to be home during the summer.”

[+] “Look at the publications/lab websites of faculty in your department. Email those of interest to you and inquire about research assistant opportunities, and/or opportunities to attend their lab meetings. If grad students are listed on lab websites, reach out to them too!”

[+] “If there are research talks (often called brown bags, seminars, or colloquium), ask if they are open to undergrads and attend as many as you can! This is a great way to learn more about the kinds of research going on.”

[+] “Don’t be afraid to explore areas and methods so you can get a sense for what you are interested in and also importantly, what you don’t care for.”

[+] “Summer funding can come from a variety of sources. Check your institution, the institutions you want to spend the summer at, and the lab(s) that you’re interested in. Ask all the questions, even if your questions are about how to ask questions.”

[+] “An easy way to find topics/papers that are of interest to you is to read popular science write-ups of articles, and then find the articles those write-ups are about!”

[+] “Social media is an incredible way to find other researchers. If you join Twitter, and follow just a handful of folks in your research area, you’ll find out about new papers/topics in that field. There are Facebook groups for undergrad and junior researchers to share resources too.”

[+] “Funding! I had no clue about funded research opportunities for undergraduates. I also wish I had known about the existence of funded graduate programs. Knowing about stipends would have been a whole other thing!”

[+] “Try attending conferences as an undergraduate. Often schools have funding to cover the majority of associated costs, and it's a great way to get exposed to researchers and ideas in chosen fields.”

[+] “I learned far too late that you can nominate yourself for awards. Couldn't tell you why, but I grew up with the idea that you got an award once some authority 'actively' recognized your contributions, but often it's an application you do yourself, some with very few applicants.”

[+] “Ask for advice early. Ask what jobs your professors had. Ask what classes they consider a waste of time (and then make your own decision). Ask how to get involved in a way that's meaningful for you. Ask what applications need to be started 9 months ahead of time to be competitive.”

[+] “Don't be afraid to email professors about graduate school or job opportunities. The worst case scenario is that they will say that they have no spots available, which is ok! Usually though, it is impressive to them to see that you are enthusiastic about what they do. It took me a long time to realize that.”

[+] “Practice the concrete skills you will need as a PhD program, such as learning R (a statistical programming software) and writing every day.”

Mental Health Resources

Mental Health Resources on Campus:

- **CAPS (Counseling and Psychological Service)** <https://caps.unc.edu/>
 - ◆ 919-966-3658
 - ◆ <http://caps@unc.edu> for interview requests
 - ◆ Campus Health James A. Taylor Building, 320 Emergency Room Drive
- **UNC Student Wellness** <https://studentwellness.unc.edu/>
 - ◆ (919) 962-9355 (962-WELL)
 - ◆ studentwellness@unc.edu for appointments and information
 - ◆ Student and Academic Services Building (SASB) South, 385 Manning Drive, Suite 1310
- **Department of Psychology Community Clinic** <https://clinic.unc.edu/>
 - ◆ (919) 962-6906
 - ◆ On-Campus Location: Evergreen House (no drop-in hours)
- **Suicide Prevention Resources**
 - ◆ [National Suicide Prevention Lifeline](https://www.suicidepreventionlifeline.org/): (800) 273-8255, available 24/7
 - ◆ [Crisis Text Line](https://www.crisistextline.org/): Text HOME to 741741 to text with a trained crisis counselor for free, 24/7
 - ◆ [UNC Health Care Mental Health Services](https://www.unc.edu/healthcare/mental-health-services/)
 - ◆ [North Carolina Suicide Prevention Plan](https://www.ncsu.edu/psychology/psychology-community-clinic/): Guide to empower and educate residents on how to take action against suicide
 - ◆ Additional resources: <https://healthtalk.unchealthcare.org/suicide-prevention-resources/>
 - ◆ [Suicide Prevention Wiki of Crisis Hotlines](https://www.suicidepreventionlifeline.org/wiki/)
- **Sexual Assault Resources**
 - ◆ UNC Resources: <https://campushealth.unc.edu/urgent-needs/sexual-assault-response>
 - ◆ [RAINN National Sexual Assault Hotline](https://www.rainn.org/): (800) 656-HOPE (4673)
- **Additional Resource**
 - ◆ [Self-Harm Hotline](https://www.self-harmhotline.org/): +1 (800) 366-8288
 - ◆ [National Eating Disorder Association Chat](https://www.nationaleatingdisorder.org/chat)
 - ◆ [Planned Parenthood Hotline](https://www.plannedparenthood.org/hotline): +1 (800) 230-7526
 - ◆ [BlackLine](https://www.blackline.org/): +1 (800) 604-5841
 - ◆ [LGBT National Hotline \(for all ages\)](https://www.lgbt.org/national-hotline): +1 (888) 843-4564
 - ◆ [TREVOR Crisis Hotline](https://www.trevorproject.org/): +1 (866) 488-7386
 - ◆ AIDS Crisis Line: +1 (800) 221-7044
 - ◆ [The Trans Lifeline](https://www.translifeline.org/): +1 (877) 565-8860
 - ◆ [Veterans Crisis Line](https://www.veteranscrisisline.net/): Call +1 (800) 273-8255 and press 1 or text 838255

Mental Health Resources off Campus:

UNC has some great resources, though it's completely possible you may not find amongst those resources what you are looking for. This may be particularly true if you're looking to find a provider that looks like you or has specialized training/knowledge in a particular identity group. There are several excellent, national resources for finding support. Several of them are listed below. Many of them are free/low cost or have sliding scale options.

- [Psychology Today](#)
- [Open Path Collective](#): nationwide network of mental health professionals dedicated to providing in-office mental health care—at a steeply reduced rate—to individuals, couples, children, and families in need.
- [Talkspace](#): Online therapy platform allowing users to connect with licensed providers via unlimited text, audio, or video messaging.
- [Trauma Response and Crisis Care](#): Community care for activists/organizers, BIPOC/QTPOC and First Responders.

Black Students, Indigenous Students, and Students of Color:

- [BlackLine](#): Crisis support hotline (with text option) for peer support and counseling, reporting of mistreatment, and affirming the lived experiences of those impacted by systematic oppression.
- [SAMHSA's Disaster Distress Helpline](#) (for pandemic, incidents of community unrest, incidents of mass violence): +1 (800) 985) 5990 or Text TalkWithUs to 66746
- [Ayana](#): Matches marginalized communities with compatible licensed therapists based on their unique experiences and identities across race, gender identity, class, sexuality, ethnicity, and ability. Providing one month of free access to online therapy for COVID-19 frontline workers (offer closes on June 13).
- [Boris Lawrence Hensen Foundation](#): Offering up to five free telehealth therapy sessions from licensed clinicians to members of the African-American Community experiencing life-changing stressors and anxiety related to COVID-19.
- [BEAM Black Virtual Therapist Directory](#): Online directory of licensed Black therapists who are certified to provide telemental health services.
- [Black Therapists Rock](#): Organization committed to increasing awareness of social and psychological challenges impacting vulnerable communities. Links to therapist directory.
- [Inclusive Therapists](#): Directory of mental health professionals from diverse disciplines and life stories. Allows you to filter therapists based on categories such as Therapist Identity, language, spirituality, cultural knowledge, niche, and cost.
- [Black Mental Health Alliance](#): Offers confidential referrals to culturally-competent licensed mental health providers for individuals seeking mental health services.
- [Open Path Collective](#): nationwide network of mental health professionals dedicated to providing in-office mental health care—at a steeply reduced rate—to individuals, couples, children, and families in need.
- [Zencare](#): Directory of mental health professionals. Allows you to filter by various categories. Click [HERE](#) for resources on how to find a black therapist on the site.
- [The Association of Black Psychologists](#): Directory of psychologists who are members of the Association of Black Psychologists.

- [Melanin & Mental Health](#): Directory of therapists serving the mental health needs of Black & Latinx/Hispanic communities. Also hosts Podcast, "[Between Sessions](#)," which discusses mental health and communities of color.
- [Sukhi](#): Consists of a culturally sensitive therapist directory, a matching service to connect users with culturally sensitive counselors, in addition to both recorded and live guided meditations.
- [Psychology Today African-American Therapists](#): Directory of African American Mental Health Providers.
- [Therapy for Black Men](#): Online space dedicated to encouraging the mental wellness of Black men and boys. Helps connect Black men and boys with therapists in their area.
- [Therapy for Black Girls](#): Online space dedicated to encouraging the mental wellness of Black women and girls. Helps connect Black women and girls with therapists in their area.
- [Black Female Therapists](#): Directory of Black Female therapists. Allows users to subscribe to emails providing free tips and advice on mental wellness.
- [Loveland Therapy Fund](#): Provides financial assistance to Black women and girls nationally seeking therapy.
- [Sista Afya Community Mental Wellness](#): Builds community, shares information, and connects Black women to quality mental wellness services.
- [Ethel's Club](#): Digital Community for healing, creativity, and energy supporting people of color. Members gain access to events, groups, clubs, and content centering marginalized voices.
- [National Queer and Trans Therapists of Color Network](#): Interactive directory that helps QTPoC locate QTPoC mental health practitioners across the country.
- [Therapy for Queer People of Color](#): Directory of affirming services for queer people of color.
- [Trauma Response and Crisis Care](#): Community care for activists/organizers, BIPOC/QTPOC and First Responders. Providing 3 sessions at no cost with social justice-rooted healing care and peer support volunteers with various backgrounds in healing and wellness work and community support (i.e., these may be mental health providers, holistic wellness providers, or peers). Also providing [interactive webinars and practice groups](#).
- [QTPoC Mental Health](#): grassroots trans-led organization that creates online and offline spaces for trans and queer people of color.
- [Latinx Therapy](#): Bilingual database that connects individuals with therapists and providers nationwide. Helps users find a provider in their preferred language in budget.
- [Therapy for Latinx](#): Directory of Latinx, POC, or culturally affirming therapists. Also provide a matching service to help users find a therapist who meets their needs.
- [Psychology Today Latino Therapists](#): Directory of Latino Therapists
- [South Asian Mental Health Initiative & Network](#): Network of mental health professionals with a strong desire to provide counseling services to the south Asian community.
- [Asian Mental Health Collective](#): Hosts the Asian Pacific Islander Desi American Therapist Directory as well as several other community resources.
- [Psychology Today Asian Therapists](#): Directory of Asian therapists
- [Institute for Muslim Mental Health](#): Directory of Muslim Mental Health Professionals.
- [Psychology Today Native American Therapists](#): Directory of Native American Therapists

LGBTQ+

- [LGBT National Hotline \(for all ages\)](#): +1 (888) 843-4564
- AIDS Crisis Line: +1 (800) 221-7044
- [LGBT National Help Center](#): Hosts a [National Hotline](#), [National Youth Talkline](#), [National Senior Hotline](#), [Online peer support chat](#), [weekly youth chat rooms](#), and [resource directory](#).
- [The Trevor Project](#): Hosts a [lifeline](#) (+1 (866) 488-7386), [text line](#), [chat](#), and [social networking site](#) for LGBTQ youth.
- [The Trans Lifeline](#): +1 (877) 565-8860
- Click: [The Trans Lifeline](#)
- [Open Path Collective](#): nationwide network of mental health professionals dedicated to providing in-office mental health care—at a steeply reduced rate—to individuals, couples, children, and families in need.
- [Inclusive Therapists](#): Directory of mental health professionals from diverse disciplines and life stories. Allows you to filter therapists based on categories such as Therapist Identity, language, spirituality, cultural knowledge, niche, and cost.
- [PRIDE Counseling](#): Matches LGBTQ individuals with licensed therapists. Sessions conducted via phone, video, and messaging.
- [The Association of LGBTQ+ Psychiatrists](#): Community of psychiatrists that educates and advocates on LGBTQ+ Mental health Issues. Provides an [online referral system](#) to help users identify therapists in their area.
- [LGBTQ Psychotherapists of Color](#): Hosts directory of LGBTQ of color psychotherapists and links out to several additional resources.
- [National Queer and Trans Therapists of Color Network](#): Interactive directory that helps QTPoC locate QTPoC mental health practitioners across the country.
- [Therapy for Queer People of Color](#): Directory of affirming services for queer people of color.
- [Trauma Response and Crisis Care](#): Community care for activists/organizers, BIPOC/QTPOC and First Responders. Providing 3 sessions at no cost with social justice-rooted healing care and peer support volunteers with various backgrounds in healing and wellness work and community support (i.e., these may be mental health providers, holistic wellness providers, or peers). Also providing [interactive webinars and practice groups](#).
- [QTPoC Mental Health](#): grassroots trans-led organization that creates online and offline spaces for trans and queer people of color.
- [Believe Out Loud](#): Resource for finding LGBT and faith-related events and LGBT affirming places of worship.
- [CenterLink](#): LGBT Community Center Member Directory