

Movement to Defend Black Lives IHU Resource List featured in [Episode: 199.5](#)

ORGS TO SUPPORT FINANCIALLY

Donate to folks on the Ground in Minnesota fighting for justice for George Floyd
Black Visions Collective

Learn more: <https://www.blackvisionsmn.org/>

Donate: <https://secure.everyaction.com/4omQDAR0oUiUagTu0EG-Ig2>

Support folks on the Ground in Louisville fighting for justice for Breonna Taylor
Black Lives Matter Louisville

Learn More: <https://blackliveslouisville.org/> and

<https://www.instagram.com/blmlouisville/>

Donate: <https://blackliveslouisville.org/stand-up-sundays/donate/>

Support folks on the Ground in Tallahassee fighting for justice for Tony McDade
Tallahassee Community Action Committee

Learn More: <https://www.facebook.com/tallycac> &

<https://www.instagram.com/tallycac/> & <https://twitter.com/tallycac>

Donate: <https://www.paypal.me/tallycac>

Support the Black Trans Travel Fund:

Learn More: <https://www.blacktranstravelfund.com/>

Donate: <https://www.blacktranstravelfund.com/donate>

Support Black Trans Media:

Learn more & Donate:

<https://www.facebook.com/blacktransmedia/photos/a.263133917179512/1512705758888982/?type=3&theater> or <https://afgj.org/donate-fsp>

Support The Okra Project's Mental Health Resource for Trans Folks

Learn More:

https://docs.google.com/forms/d/e/1FAIpQLScFbCqnPzsY0pSi39i_AjsTpVZpqJ20IOlJoX37N5qOHqN6cA/viewform

Donate: <https://www.paypal.me/theokraproject>

Support Incarcerated Sex Workers:

SWOP Behind Bars

Learn More: <https://www.swopbehindbars.org/>

Donate: <https://www.swopbehindbars.org/donate/>

Support Incarcerated Black Mamas and Caregivers.

The National Bail Out collective

Learn More: <https://nationalbailout.org/black-mamas-bail-out/>

Donate: [https://secure.actblue.com/donate/national-bail-out-1?amount=\\$100](https://secure.actblue.com/donate/national-bail-out-1?amount=$100)

Support Incarcerated Survivors of Sexual Assault and Domestic Violence
Survived & Punished

Learn More: <https://www.survivedandpunishedny.org/>

Donate: <https://www.survivedandpunishedny.org/mutual-aid/>

Support Black, queer and POC Disabled Artists

Sins Invalid

Learn More: <https://www.sinsinvalid.org/>

Donate: https://www.flipcause.com/secure/cause_pdetails/OTMxNQ

Support the LGBT Freedom fund

Learn More: <https://www.lgbtqfund.org/about-us>

Donate: <https://www.lgbtqfund.org/donate-1>

Volunteer: <https://www.lgbtqfund.org/volunteer>

ORGS TO GET ACTIVE WITH:

Black Youth Project: <https://www.byp100.org/chapters>

The Movement for Black Lives: <https://m4bl.org/>

Dream Defenders: <https://dreamdefenders.org/squadds/>

Black Lives Matter: <https://blacklivesmatter.com/chapters/>

Action STL: <https://actionstl.org/>

Black Visions Collective: <https://www.blackvisionsmn.org/>

The BlackOut Collective: <https://blackoutcollective.org/>

Project NIA: <http://project-nia.org/tools-for-action>

MISCELLANEOUS RESOURCES MENTIONED:

The Movement for Black Lives National Week of Action Call:

https://www.facebook.com/watch/live/?v=287223139099058&ref=watch_permalink

The Movement for Black Lives National Week of Action Plan:

<https://m4bl.org/week-of-action/>

Find Your Role During a time of Resistance: (credit: Deepa Iyer & Tarisa Siagtonu)

<https://www.instagram.com/p/B-X2s8pAR4o/>

NY Voters: <https://www.elections.ny.gov/votingabsentee.html>

Ballotpedia: https://ballotpedia.org/Main_Page

Media Literacy Courses:

<https://www.youtube.com/playlist?list=PL8dPuuaLjXtM6jSpzb5gMNsx9kdmqBfmY>

<https://www.youtube.com/playlist?list=PL8dPuuaLjXtN07XYqqWSKpPrtNDiCHTzU>

Protesting 101 (A Guide to Safe and Effective Protesting):

- Part 1: <https://www.instagram.com/p/CBDg6MQgfcj/>
- Part 2: <https://www.instagram.com/p/CBDhVQRgZka/>
- Part 3: <https://www.instagram.com/p/CBDhvwEgQuj/>

MENTAL HEALTH RESOURCES:

A Self Care Flow Chart that helps you to address what you might need in this exact moment:

https://philome.la/jace_harr/you-feel-like-shit-an-interactive-self-care-guide/play/index.html

QueerWOC podcast: <https://soundcloud.com/queerwoc>

The Nap Ministry: <https://www.instagram.com/thenapministry/>

Free Black Healing and Grieving Sessions via Ethel's Club:

<https://ethelsclubnyc.typeform.com/to/V7zvFk>

Heal Haus (Meditation, talks, workshops, yoga): <https://www.instagram.com/healhaus/>

Therapy For Black Girls <https://www.instagram.com/therapyforblackgirls/>

SPIRITUAL RESOURCES:

Juju Bae, Black Ass Spiritual Content Curator: <https://www.instagram.com/itsjujubae/>

Jade T. Perry, Black Feminist Mystic and Tarot Reader:
<https://www.instagram.com/jadetperry/>

Harriet's Apothecary:
<https://docs.google.com/document/d/1zlfO8OevoTOyor3AYnAWk6xRB9gsls9itVbHNTusFOk/edit>

RELEVANT IHU EPISODES:

S4E05 The OG's of #MeToo: @ApplePodcasts: <https://apple.co/2serUQc>
@Soundcloud: <http://bit.ly/2EoxtiW>

S4E06 Women of the Black Panther Party: Soundcloud: <http://bit.ly/2HiUeUY> Apple Podcasts: <https://apple.co/2F7uuug>

S4E07 Women and COINTEL PRO: Soundcloud: <http://bit.ly/2CmPFtC> Apple Podcasts: <https://apple.co/2FxBh0p>

S4E08 Black Queer Story Month: Soundcloud: <http://bit.ly/2oCLsZx> ApplePodcasts: <https://apple.co/10UpOUo>

S4E11 Black Trans Heroines Past and Present: Soundcloud: <http://bit.ly/2uaB01m>
Apple Podcasts: <https://apple.co/2DJ5043>

S5E14 Feminista Jones: Apple: <https://apple.co/2rM6k2l> Soundcloud: <https://bit.ly/2BET9VN> Also recommending FJs book <https://www.amazon.com/Reclaiming-Our-Space-Feminists-Battlefront/dp/0807055379>

S5E51 Intimacy After the Apocalypse: Apple: <https://apple.co/2WB0w8> Y Soundcloud: <https://bit.ly/2q3FZPP>

PODCAST SUGGESTIONS:

QueerWOC: <https://apple.co/2DJIsnn>

Bag Ladiez: <https://apple.co/2DLydxB>

Marsha's Plate: <https://apple.co/38hwEpk>

Tea with Queen and J: <https://apple.co/2LDXxdT>

A Little Juju Podcast: <https://apple.co/2YjRK1F>

Ms Vixen: <https://apple.co/200TJru>

The Black Guy Who Tips: <https://apple.co/2Yiaqic>

The Sexually Liberated Woman: <https://apple.co/38adVvw>

1619: <https://apple.co/2DYQgRf>

Stush an Bush: <https://apple.co/200TTPC>

In Those Genes: <https://apple.co/33JY0ko>

ADDITIONAL COMPREHENSIVE RESOURCE LISTS:

National Resource Lists for the Current Uprisings:

<https://docs.google.com/document/d/1CjZMORRVuv-l-qo4B0YfmOTqIOa3GUS207t5iuLZmyA/mobilebasic>

COVID 19 Mutual Aid Relief Efforts:

<https://pad.riseup.net/p/gdfJAGq7ZGJFBeVN-70q-keep>