



Self-Care Resources for Coping with Racial Trauma

It's okay to take time away from science, research, and professional obligations and give yourself time to heal.

[Tips for Self-Care from The Root](#)

Published in 2016, this article outlines the 'basics' of self-care in light of media and community focus on traumatizing policy brutality.

[Black Lives Matter Meditation](#)

From Dr. Candice Nicole, a guided meditation to assist in calming a heightened state of distress, affirm one's value and humanity, and recenter with love for Black people.

[The Steve Fund Daily Coping Tips](#)

The Steve Fund is a non-profit dedicated to students of color. The link below is for daily coping tips published in July 2017. If you are in crisis, text STEVE to 741741 and a live, trained Crisis Counselor will respond.

[Family Community Self-Care Tips](#)

From the [Community Healing Network](#) and the [Association of Black Psychologists](#), this toolkit is aimed at healing in the face of cultural trauma. It includes tools for community and individuals.

[Self Care for Race-Based Trauma](#)

A simple list of 5 practices to manage PTSD and trauma

[5 Mental Health Blogs for People of Color](#)

[15 Mental Health Podcasts for People of Color](#)

[Advice for Finding a Therapist](#)

If you need assistance finding a culturally competent therapist, here's a link to some [directories](#) for therapists of color. If you find a provider you are interested in, call their office or check [here](#) to find out if they are in the EHP Network. In-network providers are covered at 90% the allowed amount with EHP.