

Self-care & Therapy:

- Taking care of yourself at this time:
https://www.vice.com/en_us/article/g5pgmq/self-care-tips-for-black-people-struggling-from-painful-week
- Virtual mental health resources:
<https://www.bonappetit.com/story/virtual-mental-health-resources>
- Well Williamsburg Therapy (Free therapy for POC experiencing vicarious trauma):
<https://www.instagram.com/p/CA0Ua9TFLcv/>
- Apps: [Calm Harm](#), [Headspace](#)
- Yoga
 - <https://www.youtube.com/user/yogawithadriene>
 - https://www.youtube.com/channel/UC6HhF-dMOQwA8m_ZspeA9kQ

Allyship and Antiracist resources:

- 10 Steps to Non-Optical Allyship:
<https://www.instagram.com/p/CA04VKDAyjb/?igshid=4ekye54gxt3x>
- Anti-racism resources:
https://docs.google.com/document/d/1mc3uvuNVuA2V4akb9UUUaAv2h6_4IIETY6Ok36nKE6k/edit
- Antiracist Allyship Starter Pack:
<https://docs.google.com/spreadsheets/u/1/d/1bUJrgX8vspyy7YttiEC2vD0DawrpPYiZs94V0ov7qZQ/htmlview>
- What White People Can Do For Racial Justice:
<https://medium.com/equality-includes-you/what-white-people-can-do-for-racial-justice-f2d18b0e0234>
- FAQ about Black Lives Matter: https://www.instagram.com/p/CA_R7qajlvE/
- Building a Multi-Ethnic, Inclusive & Antiracist Organization Tools for Liberation Packet for Anti-Racist Activists, Allies, & Critical Thinkers:
<https://www.safehousealliance.org/wp-content/uploads/2012/10/Tools-for-Liberation-Packet-SPAN.pdf>
- Black History Month Library:
<https://drive.google.com/drive/u/0/folders/0Bz011IF2Pu9TUWlxVWxybGJ1Ync>
- Interview with Dr. Cornel West:
<https://twitter.com/ac360/status/1266534277208031233?s=21>

Ways to support the movement:

- Accounts you need to follow and learn from:
<https://happiful.com/black-lives-matter-accounts-you-need-to-follow-and-learn-from/>
- Black Students Association Black Lives Matter resource:
https://docs.google.com/document/d/15iL8vCGd_sbpanROHrQQuNt1Wv0kINI9GRNwEvIxIYU/mobilebasic?fbclid=IwAR1hMtjU9iYL1TMXUpoguKD1loChmP0JBX1Uhax_U9W9mDdNGJBG8ADQyO0

- How to donate to BLM when you have no money (alternate between this video and others, watching it back to back will flag you as a bot, generating no revenue. Also do not mute the video itself, rather your device's volume or the tab):
https://www.instagram.com/p/CA6TNisl1O8/?utm_source=ig_web_button_share_sheet
- Resources:
https://www.instagram.com/p/CA8YievJDZi/?utm_source=ig_web_button_share_sheet
- BLM comprehensive document - updated every 5 minutes:
https://docs.google.com/document/u/1/d/e/2PACX-1vSrT26HMX-_hlLfyy9s95erjkOZVJdroXYkU-miaHRk58duAnJIUWKxImRkTITsYhwaFkghS8sfIF/pub
- 40 ways you can help RIGHT NOW:
<https://www.instagram.com/p/CA6G-WgntCb/?igshid=g2joxr2metjw>
- How to help fight for racial justice and equality right now:
<https://bucketlisters.com/blog/265-how-to-help-fight-for-racial-justice-and-equality-right-now>
- National resources list for the movement (Legal counsel, donation locations, petitions, for parents and teachers about race):
<https://docs.google.com/document/u/1/d/1CjZMORRVuv-l-qo4B0YfmOTqIOa3GUS207t5iuLZmyA/mobilebasic>
- Black Lives Matter : <https://blacklivesmatters.carrrd.co/>

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Please do not hesitate to reach out to us for any talks, discussions, recommendations, or even just to have a conversation.

Disclaimer: This statement was authored by URM's Leadership e-board and includes various links. We do not own any of the resources linked above nor in the main email. If you have any recommendation for things to add/remove, please reach out to [us](#).