Support Resources for Black Students and their Allies

In the wake of recent national events surrounding racism and social justice, the Counseling Services department at Ramapo College has created the following list of resources that support mental well-being, healing, and empowerment among Black students and their allies. If you have additional resources that you have found helpful and informative, please email them to Dr. Cesar Leon at cleon3@ramapo.edu.

Resources at Ramapo

Counseling Services
https://www.ramapo.edu/counseling/
Multicultural Specialist -- Dr. Cesar Leon -- CLeon3@ramapo.edu

Office of Equity, Diversity, Inclusion and Compliance (EDIC)
https://www.ramapo.edu/affirmaction/
** To report bias-related incidents
https://www.ramapo.edu/affirmation/bias-related-complaint/

Black Student Union (BSU)
https://www.ramapo.edu/oed/black-student-union/

Local NJ Organizations

National Association of 100 Black Women (Bergen/Passaic Chapter)
https://ncbwbergenpassaic.org/

100 Black Men New Jersey
http://www.100bmnj.org/index.html

NAMI NJ AACT-NOW
https://www.naminj.org/programs/multicultural/aactnow/

Mental Health

Black Emotional and Mental Health Collective
https://www.beam.community/tool-kits-education

To Write Love on Her Arms (Therapy resources)
https://twloha.com/blog/black-lives-matter-black-mental-health-matters-too

Therapy for Black Girls
https://therapyforblackgirls.com/

Therapy for Black Men
https://therapyforblackmen.org/

Updated: 6.15.2020
Coping Skills

Taking Care of Yourself

Self-care Tips

Racial Trauma Toolkit
https://www.bc.edu/bc-web/schools/lynch-school/sites/isprc/isprc-advisory-board.html

10 Daily Positive Affirmations
https://www.huffpost.com/entry/10-daily-positive-affirmation_b_8684766

Self-care for People of Color

Meditation App for People of Color
https://liberatemeditation.com/

Podcasts

The Breakdown with Dr. Earl: A Mental Health Podcast
https://www.stitcher.com/podcast/the-breakdown-with-dr-earl-a-mental-health-podcast

The Homecoming Podcast with Dr. Thema Bryant-Davis
https://soundcloud.com/dr-thema-bryant-davis

Shaping the Shift Podcast with Thea Monyee
https://shapingtheshift.com/podcast

Books

Books, Films, Podcasts on Racism
https://www.npr.org/sections/codeswitch/2020

List of Books for Allies
https://www.charisbooksandmore.com/understanding-and-dismantling-racism
Social Justice

*Color of Change*
https://colorofchange.org/

*Black Lives Matter Resource List*
https://blacklivesmatter.com/resources/

*NAACP*
https://www.naacp.org/

*Racial Equity Tools*
https://www.racialequitytools.org/home

*The Leadership Conference on Civil & Human Rights*
https://civilrights.org/

*Showing up for Racial Justice (SURJ)*
https://www.showingupforracialjustice.org/

*Justice for Breonna*
https://justiceforbreonna.org/

*Sign a Change.org Petition*
Change.org

*Being an Ally*
https://www.insidehighered.com/