

Support Resources for African American Students and their Allies

In the wake of national events surrounding racism and social justice, the Counseling Services department at Ramapo College created the following list of resources that support mental well-being, healing, and empowerment among African American students and their allies.

Resources at Ramapo

Counseling Services

<https://www.ramapo.edu/counseling/>

** Multicultural Specialist -- Dr. Cesar Leon

Office of Equity, Diversity, Inclusion and Compliance (EDIC)

<https://www.ramapo.edu/affirmaction/>

** To report bias-related incidents

<https://www.ramapo.edu/affirmaction/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>

Black Mental Wellness

<https://www.blackmentalwellness.com/>

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/>

Black Girl + Mental Health

<https://blackgirlmentalhealth.tumblr.com/>

Therapy for Black Men

<https://therapyforblackmen.org/>

Black Men Heal

<https://blackmenheal.org/>

Coping Skills

Taking Care of Yourself

https://www.nctsn.org/sites/default/files/resources/fact-sheet/taking_care_of_yourself.pdf

Self-care Tips

https://www.vice.com/en_us/article/g5pgmq/self-care-tips-for-black-people-struggling-from-painful-week

Self Care Activities

<https://nmaahc.si.edu/learn/talking-about-race/topics/self-care>

Racism Recover Steps

https://www.bc.edu/content/dam/files/schools/lsoe_sites/isprc/pdf/Infograph.pdf

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-affirmations_b_8684766

Self-care for People of Color

<http://www.justjasmineblog.com/blog-1/self-care-for-people-of-color-after-emotional-and-psychological-trauma>

Meditation App for People of Color

<https://liberatemeditation.com/>

Black Lives Matter Meditations

<https://www.drcandicenicole.com/post/2016-07-black-lives-matter-meditation>

Instagram

[@therapyforblackgirls](#)

[@therapyforblkmen](#)

[@blackmentalwellness](#)

[@blackfemaletherapists](#)

[@letstalk.mentalhealth](#)

[@drbrandtfoundation](#)

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://surj.org/>

Being an Ally

<https://www.insidehighered.com/>