



Resources for People of Color and Allies

Mental Health/Websites/Textline

[Ayana](#): Online therapy for marginalized and intersectional communities

[Sistah Afya](#): A website providing mental health education, resources, support, and wellness merchandise for Black women

[Dive in Well](#): "cultivating space, community, conversations and change for a more equitable and accessible wellness industry."

[Healhaus](#): Online wellness classes (by per class fees or membership)

[Inclusive Therapists](#): A guide for finding a therapist. "Care from a therapist who gets you Terapia con un profesional que te entiende." Allows a search by identity and location.

[Ethyl's Club](#): From the website: "...Our mission is...[to] create healing spaces that center and celebrate people of color through conversation, wellness and creativity.

[Moorpark College Student Health Center](#) Mental Health: Call 805-378-1413 for an appointment.

Crisis Textline: Text "Courage" to 741741. Follow "findingcalmish" on Instagram.

Mental Health/PDF from JED



Jed Foundation -
Grieving in the wake

Video

["Microaggressions: Little Things Also Matter"](#)

Anti-Racism Resources

[An Essential Reading Guide to Fighting Racism](#)

[Anti-Racism Resources for White People](#): Has guides for allies, parents, and more

[Reducing Racial Inequities in Health: Using What We Already Know to Take Action](#)

[Understanding and Addressing Racial Disparities in Health Care](#)

[How Should Organizations Respond to Racism Against Health Care Workers?](#)

[Racism and discrimination in health care: Providers and patients](#)

How to Help

[NYU Student Blog](#): A guide for donating time and/or money