

BLACK LIVES MATTER RESISTANCE GUIDE

MENTAL HEALTH



EMORY'S COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)*

www.counseling.emory.edu

DIVE IN WELL**

www.diveinwell.com

HEALHAUS**

www.healhaus.com

ETHEL'S CLUB**

www.ethelsclub.com

THERAPY FOR BLACK GIRLS**

www.therapyforblackgirls.com

**For Emory students only*

***These resources are geared toward Black community members*

PROTESTING



WEAR A MASK

WEAR GOGGLES

AVOID WEARING CONTACTS

(TO COMBAT TEAR GAS)

WRITE EMERGENCY

CONTACTS DOWN

BRING WATER AND SNACKS

BRING IDENTIFICATION

BRING CASH

BRING PROTEST SIGNS

MAINTAIN SOCIAL DISTANCE

WHEN POSSIBLE

REMEMBER: protests can take unexpected turns; stay aware and safe if you choose to protest.

DONATING



RECLAIM THE BLOCK

www.reclaimtheblock.org

CAMPAIGN ZERO

www.joincampaignzero.org

BAIL FUNDS & LEGAL HELP

BY CITY

www.tinyurl.com/blmbailfundlist

REMEMBER: if you are unable to donate, sharing links is also an important contribution!

LISTENING



ANGELA DAVIS SPEAKS

You can find this on Spotify

1619 PROJECT & PODCAST (NYT)

<https://nyti.ms/37JLWkZ>

ANTI-RACISM

RESOURCE GUIDE BY TASHA K

tinyurl.com/antiracistguide

READING



HOW TO BE AN ANTIRACIST

By Ibram X. Kendi

SO YOU WANT TO TALK ABOUT RACE

By Ijeoma Oluo

IN 1919, THE STATE FAILED TO PROTECT BLACK AMERICANS. A

CENTURY LATER, IT'S STILL FAILING.

By Carol Anderson (tinyurl.com/canderson1919)

OF COURSE THERE ARE PROTESTS. THE STATE IS FAILING BLACK PEOPLE.

By Keeanga Yamahtta-Taylor (tinyurl.com/keeangataylor)

WATCHING



13TH (2016)

AMERICAN SON

(2019)

SEVEN SECONDS

(2018)

JUST MERCY (2019)