



Practical Ways to Manage the Impact of Racial Trauma

- Don't apologize for being impacted/affected

You do not need to apologize or minimize the impact of racial trauma. Full acknowledgement of what is happening to you is a vital part of the healing process.

- Honor your emotions

Many of us have learned to stuff and avoid feeling our emotions as a means of survival. During times of repeated trauma exposure, it is necessary to carve out moments to allow yourself to feel what you feel without apologies.

- Take slow, deep breaths

Trauma, of any kind, activates your nervous system's fight/flight/freeze responses. Slow, deep breaths can help to press the brakes on your brain to help you regain control of your body.

- Limit exposure and engagement, as needed

Know your limits. Repeated trauma exposure can severely impact your mood, mental health, and emotional stability. Take breaks from activities (i.e. activism, advocacy, news, social media, etc.) that repeatedly expose you to traumatizing content, info, and images.

- Choose safe ways to become involved

If you can manage it emotionally, mentally, and physically, it might be helpful to work through race-related stress by becoming involved in activism, advocacy, and healing efforts. But, know your limits!

Resources: Talk to Someone

Wellesley College Stone Center Counseling Services: <https://www.wellesley.edu/counseling>

Inclusive Therapists <https://linktr.ee/inclusivetherapists>

Crisis Text Line: Text CONNECT to 741741

Text STEVE to 741741 to access a culturally trained Crisis Text Line Counselor

NAMI HelpLine: 1.800.950.NAMI

National Suicide Prevention Hotline: 1.800.273.8255

SAMHSA Treatment Referral Hotline: 1.877.726.4727

Trans LifeLine: 877.565.8860

Trevor Project: 866.488.7386 or text TREVOR to 1.202.304.1200

Learn: Race & Mental Health

The Steve Fund: Dedicated to the Mental Health and Emotional Well-being of BIPOC Students

<https://www.stevelfund.org/>

Project LETS : LetsEraseTheStigma

<https://www.letserasethestigma.com/race-and-mental-health>

www.letserasethestigma.com/african-american-communities

Black Emotional and Mental Health Collective

<https://www.beam.community/>

Global Black Community and Mental Health

<http://www.thesiweproject.org/>

Harriet Tubman Collective

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

Act: Empower Yourself and Others

Donate to 40+ Bail Funds https://secure.actblue.com/donate/bail_funds_george_floyd

NAACP <https://www.naacp.org/>

ACLU Take Action <https://www.aclu.org/action/>

Massachusetts

- If you experience discrimination from a **Boston Police officer**, please file a complaint here: <https://bpdnews.com/commend-an-officer-1/> If you prefer to contact the Internal Affairs Division directly by phone to file a complaint, please call 617-343-4320, Monday through Friday, 9:00 a.m. to 5:00 p.m.
- Civil Rights Hotline: non-emergency 24-Hour Hotline for reporting civil rights incidents (617) 695-3531.