In addition to the services provided through ASU Counseling Services, we also recommend the following:

### Coping and Self-Care Resources
- Black Lives Matter Meditation
- Proactively Coping with Racism, Psychology Today
- Emotionally Restorative Care for People of Color
- Talking About Race – Self-Care
- Filling our Cups – 4 Ways People of Color can Foster Mental Health Practice Restorative Healing
- Grief is a Direct Impact of Racism: Eight Ways to Support Yourself
- Blackmentalwellness.com
- Liberate Meditation App
- The Safe Place App
- Racial Trauma Guide
- BEAM Toolkit and Resources
- 44 Mental Health Resources for Black People

### Referral and Educational Resources
- The Steve Fund
- Black Mental Health Alliance
- Black Emotional and Mental Health Collective
- Therapy for Black Girls
- Melanin and Mental Health
- Therapy for Black Men
- Black Men Heal
- Mental Health Resources For and By People of Color
- National Queer and Trans Therapists of Color Network
- ASU Counseling Services (for students)
- ASU Employee Assistance Program (for ASU employees)

### Text and Phone Supports
- ASU Dedicated Crisis Line: 480-921-1006
- TEXT and PHONE SUPPORTS Crisis Text Line for Young POC Text STEVE to 741741
- National Suicide Prevention Lifeline 1-800-273-8255
- The Trevor Project 1-866-488-7386 Text “Trevor” to 1-202-304-1200