



# RESOURCES & SUPPORT FOR HEALING IN THE WAKE OF CHARLOTTESVILLE



COMPILED BY FAITH MATTERS NETWORK – 2017

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## HISTORICAL BACKGROUND

1. [Charlottesville Syllabus](#)
2. [How Antisemitism animates White Nationalism](#)

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## HOTLINES

1. [National Suicide Prevention Hotline](#), or call 1-800-273-8255. There is also an online chat option.
2. [Crisis Text Line](#), or simply text 741-741.

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## THERAPISTS & COUNSELORS

1. [National Queer and Transgender Therapists of Color Network](#)
1. [Therapy for Black Girls](#)
2. [African American Therapists](#)
3. [Association of Black Psychologists](#)
4. [Good Therapy – Therapist Directory](#)

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## TO LISTEN OR WATCH

1. [Fortification Podcast-Spiritual Sustenance for Movements](#)
2. [Auburn Theological Seminary Webinars – Resiliency, Brave Space and more](#)
3. [Ruby Sales, Where Does It Hurt?, On Being Podcast](#)
4. [Patrisse Cullors and Robert Ross, “The Spiritual Work of Black Lives Matter”](#)
5. [Spotify: Most Relaxing Songs Ever, According to Science](#)
6. [Spotify: Meditate to Sounds of Nature](#)
7. [23rd Psalm – Bobby McFerrin & choir](#)

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## TO READ

1. [Just Healing – Healing Justice Practice Space Resources](#)
2. [How Can Spiritual Practice Sustain Activism?](#)
3. [Know Your \(Lack of a Role\): Honoring Healing Spaces as an Ally](#)
4. [Self care for People of Color after Psychological Trauma \(Print Out\)](#)
5. [Adrienne Maree Brown writes and speaks about how we care about each other in our movements for justice in poetry and prose](#)
6. [The Sanctuaries, Sacred Practices for Resilience and Resistance](#)
7. [The Ring Theory of care after/in midst of trauma](#)
8. [People’s Supper Healing Guidebook](#)
9. [Icarus Project Crisis Tool Kit. Mental health, Suicide, Crisis, Psychosis, Hotlines & Warmlines](#)
10. [Recovering from TTSD \(Shrump\\* Traumatic Stress Disorder\)](#)
11. [Self care and collective care continuous crowd-sourced idea document](#)
12. [The Interdependence Project: Online group meditation every Wednesday](#)
13. [The Hive Podcast: Meditations and conversations about contemplation and action](#)
14. [Jardana Peacock on Soundcloud Meditations, Healing movement. Her full website: \[jardanapeacock.com\]\(http://jardanapeacock.com\)](#)
15. [Activism & self care newsletter, Free weekly meditation each Monday](#)
16. [The People’s Supper – host or attend a Healing Supper](#)
17. [365 of Black Love at Harriet’s Apothecary](#)
18. [Sacred Vibes Apothecary Shop](#)
19. [Ancestral Apothecary Shop](#)

*I am living a life I don't regret  
A life that will resonate with my ancestors,  
and with as many generations forward as I can  
imagine.*

*I am attending to the crises of my time with  
my best self,  
I am of communities that are doing our collective best  
to honor our ancestors and all humans to  
come.*

adrienne maree brown, Emergent Strategy

THE PEOPLE'S SUPPER IS A COLLABORATION BETWEEN



Faith Matters Network  
*Building Community and Taking Action*

