RESOURCES & SUPPORT FOR HEALING IN THE WAKE OF CHARLOTTESVILLE

COMPILED BY FAITH MATTERS NETWORK – 2017

This living document is a collective work of healing justice, solidarity & love – subject to change.
HISTORICAL BACKGROUND
1. Charlottesville Syllabus
2. How Antisemitism Animates White Nationalism

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.

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

TO LISTEN TO OR WATCH
2. Fortification Podcast-Spiritual Sustenance for Movements
3. Auburn Theological Seminary Webinars – Resiliency, Brave Space and more
4. Ruby Sales, Where Does It Hurt?, On Being Podcast
6. Spotify: Most Relaxing Songs Ever, According to Science
7. Spotify: Meditate to Sounds of Nature
8. 23rd Psalm – Bobby McFerrin & Choir

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. In her poetry, prose, and speaking, Adrienne Maree Brown shares about how we care about each other in our movements for justice. See also: Emergent Strategy.
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
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