RESOURCES & SUPPORT FOR HEALING IN THE FACE OF VIOLENT TRAUMA

ORIGINALLY COMPILED BY FAITH MATTERS NETWORK, AUGUST 2017

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This living document is a collective work of healing justice, solidarity & love – subject to change.
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
2. Therapy for Black Girls
3. African American Therapists
4. Association of Black Psychologists
5. Good Therapy – Therapist Directory

TO LISTEN TO OR WATCH
1. Community Care Office Hours from Faith Matters Network: Designed for religious leaders, organizers, and activists who are being called to the frontlines and could use a listening ear to check-in with individually
3. Fortification Podcast-Spiritual Sustenance for Movements
4. A Care Package for Uncertain Times: A collection of podcasts and poetry, from On Being
5. Ruby Sales: “Where Does It Hurt?”, On Being Podcast
7. Spotify: Most Relaxing Songs Ever, According to Science
8. Spotify: Meditate to Sounds of Nature
9. 23rd Psalm – Bobby McFerrin & Choir
10. The Work of the People: Films for Discovery & Transformation

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. The People’s Supper in the Age of Physical Distancing: A Story-sharing & Listening Guidebook for Virtual Gatherings
10. Icarus Project Crisis Tool Kit. Mental health, Suicide, Crisis, Psychosis, Hotlines & Warmlines
11. Recovering from TTSD (Shrump* Traumatic Stress Disorder)
12. Self Care and Collective Care Continuous Crowd-sourced Idea Document
13. The Hive Podcast: Meditations and Conversations About Contemplation and Action
14. Jardana Peacock on Soundcloud Meditations, Healing Movement
TO READ (CONTINUED)

15. Self Care and Collective Care Continuous Crowd-sourced Idea Document
16. The Hive Podcast: Meditations and Conversations About Contemplation and Action
17. Jardana Peacock on Soundcloud Meditations, Healing movement
18. WELLREAD: Free weekly action toolkit from ctznwell with everything you need to wake up, take action, and stay balanced along the way
19. 365 of Black Love at Harriet’s Apothecary
20. Sacred Vibes Apothecary Shop
21. Ancestral Apothecary Shop
22. The Nap Ministry
23. Sacred Design Lab’s Family Chapel Host Guide, offering a gentle, intentional experience of shared reflection
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

For more, visit:
www.thepeoplessupper.org + www.faithmattersnetwork.org