

The staff at CAPS are aware that broader community incidents profoundly impact members of the Emory community. As we heard the news of the death of Terence Crutcher, an unarmed African American man killed by police in Tulsa, Oklahoma, our minds revisited the deaths of Philando Castile and Alton Sterling, two African American men killed by police officers during the summer. We are aware that all of their deaths evoke feelings about a long-standing history of oppression and injustice in the Black community. These feelings may include sadness, anger, fear, hopelessness, numbness, or helplessness. At such times, it can be helpful to talk with others to process these emotions. It can especially be helpful to reach out to others if your emotions are making it difficult for you to attend class, complete your work, or engage in your daily life in the way that you would like.

Please know that the staff at CAPS is here to offer support. Emory students may contact us at 404-727-7450 to schedule an appointment Monday through Friday, 8:30 AM-5 PM. Walk-in appointments are available between 8:30 AM-3:30 PM. We are located at 1462 Clifton Road, Suite 235.

### **Campus Resources**

Counseling & Psychological Services (CAPS)

404-727-7450

<http://studenthealth.emory.edu/cs/>

Office of Spiritual & Religious Life

<http://www.religiouslife.emory.edu/>

Office of Multicultural Programs & Services

<http://www.emory.edu/MULTICULTURAL/>

Student Intervention Services (24/7 assistance)

404-430-1120

<http://success.emory.edu/SIS/>

Emory HelpLine (anonymous, confidential, student-run telephone hotline, 8:30 PM-1 AM, 7 days per week during the academic year)

404-727-4357

### **National Resource for Students of Color**

Crisis Text Line (24/7 assistance): Text START to 741 741

## **Online Resources**

Self-Care for People of Color after Emotional and Psychological Trauma

<http://justjasmineblog.com/self-care-for-people-of-color-after-emotional-and-psychological-trauma/>

Racial Trauma is Real

<https://www.wheelock.edu/Documents/About/racialtraumaisrealManuscript.pdf>

Tips For Self-Care: When Police Brutality Has You Questioning Humanity and Social Media Is Enough

<http://www.theroot.com/articles/culture/2016/07/tips-for-self-care-when-police-brutality-has-you-questioning-humanity-and-social-media-is-enough/>

Managing Your Distress in the Aftermath of a Shooting

<http://www.apa.org/helpcenter/mass-shooting.aspx>

Building Resilience to Manage Indirect Exposure to Terror

<http://www.apa.org/helpcenter/terror-exposure.aspx>

Advice for White Individuals Following a Shooting of a Black Individual

<http://www.justincohen.com/blog/2016/7/6/advice-for-white-folks-in-the-wake-of-the-police-murder-of-a-black-person>

How White People can be Allies

[http://www.theroot.com/articles/culture/2014/08/ferguson\\_how\\_white\\_people\\_can\\_be\\_allies/](http://www.theroot.com/articles/culture/2014/08/ferguson_how_white_people_can_be_allies/)