



The staff at Emory CAPS continues to commit our solidarity with and support for Black students, faculty, and staff. We acknowledge that the ongoing violence against the Black community evokes deep feelings about a long-standing history of oppression and injustice. Within this context, events like those in Charlottesville, VA, spark pain, frustration, anger, fear, and helplessness. We also acknowledge that these events are part of many others that have historically and currently oppressed, marginalized, and violated the dignity and worth of Black individuals and communities in America.

We recognize that many students at Emory are affected by these ongoing injustices, and we are here to support you. You 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 also realize that you may need other safe spaces outside of CAPS. Below are some on and off campus resources.

Campus Resources

Counseling & Psychological Services (CAPS): 404-727-7450

counseling.emory.edu

Office of Spiritual & Religious Life

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

Office of Racial and Cultural Engagement: 404-727-6754

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

Student Intervention Services (24/7 assistance): 404-430-1120

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

Emory HelpLine (confidential, peer-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: Steve Fund Crisis Text Line

Students of color can text STEVE to 741 741 to connect with a trained crisis counselor (available 24/7).

<http://www.stevelfund.org/crisistextline/>

Get Involved: Black Mental Health Ambassadors (BMHA)

Black Mental Health Ambassadors (BMHA) is an organization that was created by Black students in partnership with CAPS. The organization emerged in response to the formal demands of the Black Students at Emory in 2015 (http://dialogue.emory.edu/racial_justice/demands/). BMHA seeks to advocate for Black undergraduate and graduate students in relation to mental health. Information about how to get involved can be found on the CAPS website under Outreach Services.

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/