Mental Health

More than ever, it is important that you take care of your mental health. Find the following resources to help you and reach out for help if you need it.

What is Mental Health?

MentalHealth.gov
- PDF Doc: Making the most of your Mental Health & Substance use disorder benefits
  ➔ (Google Definition): Is the level of psychological well-being or an absence of mental illness. It is the state of someone who is functioning at a satisfactory level of emotional and behavioral adjustment.

Why is it important?
- Important at every stage of life, from childhood and adolescence through adulthood.
- Vital part of your life and impacts your thoughts, behaviors and emotions.
  - MedlinePlus
    ➔ Cope with the stresses of life
    ➔ Be physically healthy
    ➔ Have good relationships
    ➔ Make meaningful contributions to your community
    ➔ Work productively
    ➔ Realize your full potential

How to maintain a healthy mind?

Mental Health Foundation
- Talk about your feelings
- Keep active
- Eat well
- Drink sensibly
- Keep in touch
- Ask for help
- Take a break
- Do something you’re good at
- Accept who you are
- Care for others

What can harm mental health?
- Biological factors (Genes or Brain Chemistry)
- Life Experiences (Trauma or Abuse)
- Family history of mental health problems
- Individuals Lifestyle (Diet, Physical Activity, and substance use)

Where in your brain does this accrue?
- “Connections between nerve cells along certain pathways or circuits in the brain can lead to problems with how the brain processes information and may result in abnormal mood, thinking, perception or behavior.”
What does it affect?

➔ How you think, feel, and act.
➔ Helps determine how individuals handle stressful situations, relate to others, and make choices

Books -

BookRiot

➢ Think Like A Monk By: Jay Shetty (This title will be released on September 8th, 2020)
➢ Cory Stories : A Kid’s Book About Living With ADHD
➢ How to come alive again: A guide to killing your monsters By: Beth Mccoll
➢ First, we make the beast beautiful By: Sarah Wilson
➢ How to Fail: Everything I’ve ever learned from things going wrong By: Elizabeth Day
➢ Tell the wolves I’m Home By: Carol Rifka Brunt

Podcast -

➢ AnxietyCANADA
➢ Mental Health Podcasts for People of Color

Videos -

➢ Youtube

  ○ Youtuber : Jay Shetty
    ■ Jay Shetty is a Youtuber I watched on facebook. A Lot of his videos are good mental health videos because they help you change the way that you are thinking. All of the videos listed below are not specifically sat for mental health, but they will help because mental health is also connected to the way that you think.

  ➢ https://www.youtube.com/watch?v=Jgi2c-4p-E4 (Jay Shetty’s Most Important Guidance on Mental Health at Vidcon 2019 | Inside the Mind | Episode 11)
    ○ Youtuber : Prince Ea
      ■ Prince Ea

  ➢ https://www.youtube.com/watch?v=6YbWRqsnHdo (WE NEED TO TALK ABOUT MENTAL HEALTH)

Blogs -

➢ Why It's Important to Care for Your Mental Health

Numbers -

Website :
Charity Navigator (Your Guide To Intelligent Giving)

  ○ Numbers
    ➢ NATIONAL SUICIDE PREVENTION LIFELINE : 1-800-273-8255
    ➢ TEXT HOME TO 741741 to be connected to a trained Crisis Counselor through Crisis Text Line

Apps -

➢ Headspace: Meditation & Sleep
➢ Moodpath: Depression & Anxiety
➢ Motivation - Daily quotes
➢ Youper - Feel your best
➢ Stoic. Mental health training
➢ Wysa: stress, depression & anxiety therapy chatbot
➢ What’s Up? - A Mental Health App

Citations

- MentalHealth.gov
- MedlinePlus
- Why It's Important to Care for Your Mental Health
- Charity Navigator (Your Guide To Intelligent Giving)
- WebMD
- BookRiot
How to be Actively Involved in the Movement
You might find yourself overwhelmed and not know where to start or how to help move the movement forward. Here is a list of activities that you can take part in from the comfort of your home.

A PDF Outlining 26 Ways to Support the Movement

Petitions - Please understand that donations to change.org go to maintaining the site, and not necessarily to the families. Your signatures still carry weight, though.

Link to Multiple Petitions

Justice for Ahmaud Arbery- Pass Georgia Hate Crime Bill
Hands Up Act- Police Repercussions for Shooting Unarmed Citizens
Mandatory Life Sentence for Police Brutality Resulting in Death
Call for UK Public Condemnation of Trump’s Response to Floyd’s Murder
Ban the use of rubber bullets
Black Lives Matter “Ways You Can Help”
Donate To Black Businesses That Were Destroyed

Mutual Aid Networks
NYC Resources
Astoria Mutual Aid
Bed-Stuy Strong
South Brooklyn Mutual Aid
Crown Heights Mutual Aid
Flatbush United
The Black Trans Travel Fund

Resources For Black Transgender/LGBTQIA+ People
Support Black Trans Women Fund
The Okra Project
Trans Women of Color Collective
Emergency Release Fund
For the Gwors

“Donate to These Orgs to Support Black Trans People.”

The Nina Pop Mental Health Recovery Fund
The Tony McDade Mental Health Recovery Fund
Black Transmen Inc
The Marsha P. Johnson Institute
Black Queer and Intersectional Collective
Black LGBTQIA + Migrant program
SNaP Co
TGI Justice
Brave Space Alliance
Trans Justice Funding Project

Organizations
Black Organizing for Leadership and Dignity
Blackout Collective
Black Aids Institute
Color of Change
Decolonize This Place
Dignity and Power Now
Freedom Inc.
The Reparations for Black People Fund
Take Back the Bronx
Why Accountability

COVID-19 Resources
BLACK LGBTQIA + MIGRANT PROJECT (BLMP)
The Know Your Rights Camp COVID-19 Relief Fund
Southern Black Girls and Women’s Consortium
Movement for Black Lives COVID19 Mutual Aid Fund

Queer Writers of Color Relief Fund

NYC Low-Income Artist/Freelander Relief Fund

Bail Funds

Act Blue

Los Angeles

The National Bail Out Collective

Brooklyn Bail Fund

The Bronx Freedom Fund

Detroit Bail Fund

The Louisville Community Bail Fund

Google Doc filled with Resources including a youtube video you can watch from which all ad revenue is donated
Website with both US and UK links

Resources:

Taken from https://bombmagazine.org/articles/blm-support-resources-and-links/

Also: https://creative-capital.org/2020/06/03/resources-ways-to-support-black-lives-matter/
**Allyship**

Many people in your surroundings may not know what it means to be a good ally. It is not your responsibility to teach them, but here are some resources if you are having these conversations.

**How To Be An Ally/ Guide To Be An Ally**

- What is an ally?
  - **Ally**: being willing to act with and for others in pursuit of ending oppression and creating equality
  - Someone who whose personal commitment to fighting oppression and prejudice is reflected in willingness to
    - Educate oneself about different identities and experiences
    - Challenge one’s own discomfort and prejudices
    - Learn and practice the skills of being an ally
    - Take action to create interpersonal, societal and institutional change.

- More information for allyship:

<table>
<thead>
<tr>
<th>Name of Link</th>
<th>Link</th>
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<tbody>
<tr>
<td>Guide to Allyship</td>
<td><a href="https://guidetoallyship.com/">https://guidetoallyship.com/</a></td>
</tr>
<tr>
<td>Black Lives Matter</td>
<td><a href="https://blacklivesmatter.com/resources/">https://blacklivesmatter.com/resources/</a></td>
</tr>
<tr>
<td>12 Ways to Be a White Ally to Black People</td>
<td><a href="https://www.theroot.com/12-ways-to-be-a-white-ally-to-black-people-1790876784">https://www.theroot.com/12-ways-to-be-a-white-ally-to-black-people-1790876784</a></td>
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<tr>
<td>6 Ways to be an Ally In English &amp; Spanish</td>
<td><a href="https://www.adl.org/education/resources/tools-and-strategies/6-ways-to-be-an-ally-en-espanol">https://www.adl.org/education/resources/tools-and-strategies/6-ways-to-be-an-ally-en-espanol</a></td>
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**Black Owned Businesses**

It is important to support our communities. Here is a list of black owned businesses that you can support instead of the bigger corporations.

**Vintage Stores**

- Black Owned Vintage Stores

**Coffee Stores**

- Starbucks WHO?
- Black Owned Coffee
- Black Owned Coffee Cont'd

**Tea Businesses**

**Nail Salons**

- Black Owned Nail Salons NY

**Restaurants**

- Black Owned Restaurants NY
- List of 100+ Black-owned restaurants in Connecticut

**Clothing Brand**

- Black Owned Clothing Brands
- Shoppe Black

**Hotels**

For anyone planning on travelling to these places
- Black Owned Hotels

**Different Industries**

- Beauty | Bookstores | Clothing and Accessories | Food and Drink | Fitness | Home Décor | Gift
- Shops and Beyond
- 138 Black-Owned Businesses

- Accounting | Artists, Musicians, Creatives | Barbershops | Beauty Industry | Book Stores | Butchers | Cannabis Industry | Churches | Civil Rights Organizations | Cleaning Services | Clothing Companies | Coffee Shops and Cafés | Construction | Consulting | Community Resources | Cosmetics | Craft Supplies | Doctors and Health Organizations | Dentists | Driving Schools | Entertainment | Farming | Fitness | Food and Drink |
Black owned businesses in MAINE
NB: They have included select agencies and nonprofits that are NOT black owned but do heavily advance the agendas of Black bodied individuals and organizations. This is not meant to deter from our purpose but instead to show support toward those individuals who are receiving services and support through these channels.

Black owned businesses in NEW JERSEY

Black-Owned Food and Drink Businesses in RHODE ISLAND

MUST TRY!!!!

40+ Black-Owned Restaurants in RHODE ISLAND

Find Black Owned Businesses & Black Entrepreneurs ALL Over CANADA

Discover TORONTO Black Owned Businesses
**Companies that Support the BLM Movement**

As we continue with our professional careers and entering the workforce, it is important to know which companies have our best interest in mind. Below is a list of engineering companies that have publicly supported the BLM movement. We do not believe that BLM should be commercialized or be used as a marketing tactic, but we can keep those companies accountable.

<table>
<thead>
<tr>
<th>Accenture</th>
<th>Amazon</th>
<th>American Express</th>
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<tbody>
<tr>
<td>BP</td>
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<td>P&amp;G</td>
<td>Qualcomm</td>
<td>Rockwell Automation</td>
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<td>Southern Company</td>
<td>Toyota</td>
<td>United Airlines</td>
<td>Verizon</td>
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<td>Wells Fargo</td>
<td>3M</td>
<td>Twitter</td>
<td>BlackRock</td>
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<td>BNY Mellon</td>
<td>Buzzfeed</td>
<td>Capital One</td>
<td>EversourceEnergy</td>
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<td>Facebook</td>
<td>General Motors</td>
<td>Goldman Sachs</td>
<td>INROADS</td>
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<td>Intel Corporation</td>
<td>Jopwell</td>
<td>M&amp;T Bank</td>
<td>National Grid</td>
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<td>Netflix</td>
<td>SEO</td>
<td>Stanley Black &amp; Decker</td>
<td>Turner Construction</td>
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<td>Unilever</td>
<td>Wayfair</td>
<td>Whirlpool Corporation</td>
<td>Wolfspeed</td>
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<td>Reebok</td>
<td>Google</td>
<td>Apple</td>
<td>Snapchat</td>
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*The cultures of some of these companies may not support their claim of supporting black lives and that is where accountability comes into play.

**Disclaimer: if a company is not on this list, it does not mean that they do not support black lives**