



Resources for Self-Care After Experiencing Racism

To our Black Community members at RRCC,

This is Amanda Mathew, the Interim Director of Inclusion & Diversity at RRCC. It feels important to acknowledge just how difficult this time is for our communities mourning the violent acts of racism, seen in the harassment of Christian Cooper and the murders of Ahmed Aubrey and George Floyd, that were taped and shared widely these past weeks, as well as in the story of the killing of Breonna Taylor. These are not the only incidents of late, and I want to acknowledge that each loss brings fresh and often compounding pain.

As we bear witness to these incidents, I know that there is a heightened impact on our Black community members. Experiencing racism, even vicariously, can have a traumatic impact on the body. Please take space to have reactions and take time to care of yourself. Take rest if you need to. Something serious and real happened to you, and your healing is important.

Included below are resources to help provide care and support. Please reach out to me at Amanda.Mathew@rrcc.edu if you'd like to talk directly or would like to share more resources with our community. Keep an eye out for initiatives at RRCC to more widely and unapologetically teach anti-racism in our community, and remember that our office of Inclusion & Diversity is here to advocate for your wellbeing and success. I wish everyone good health and wellness in this time.

Sincerely,
Amanda



Self-care resources

Compiled from the wisdoms of black voices, speaking about what works for them:

[Tips for Self-Care When Police Brutality Has You Questioning Humanity and Social Media Is Enough](#)

[35 Self-Care Tips](#)

[Black Men and Self-Care](#)

[Elevate - Self-Care App \(Black created and owned\)](#)

If you like this app and want access to paid features, but can't afford it, please reach out to Inclusion & Diversity Office

[Youtube - Emotionally Restorative Self Care: People of Color - Black People - African American](#)

Garden! **[Instagram 1, 2, 3](#)**

[You Feel Like Shit - Interactive Self Care Guide](#)

(recommended by LET'S TALK BRUHA Black Man's Guide for Self-Care)

[Racial Stress Took Kit and Information for Parents](#)

[Healing Ritual Ideas for Dealing With Grief in the Face of Anti-Black Violence](#)



“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.”

-Audre Lorde



Emotional Support and Therapy

New Colorado 'Warm Line' - Hotline for mental health support

Warm Line: 303-280-6602 Monday through Friday, 8am to 5pm. [Counseling]

Line was down 5/29/20 morning – I will keep calling to make sure they get it fixed ASAP

Student Resource page with additional and up-to-date Mental Health Resources Available Locally



RRCC Emotional Support Resources

Inclusion & Diversity Office: 303 914-6177 or Amanda.Mathew@rcc.edu

Call to talk to Amanda about your feelings, frustrations, ideas, or just how your day is going. I can lend a listening ear, connect you to resources, and would love to support any RRCC and/or local initiative ideas you have. [Emotional Support].

RRCC Health and Counseling Center: 303 914-6316

The center is currently offering tele-therapy sessions while the campus is closed for the COVID-19 pandemic. Call for more information and to schedule an appointment. [Therapy].

RRCC Healthy Minds Resource Center: 303-914-6185 or peercounseling@rrcc.edu

The Healthy Minds Resource Center will help students identify and connect with on and off campus resources. [Peer Counseling].



Connect with Community

Speak with people who get it!

RRCC - Black Community Conference Call

If you are interested in joining a video/phone conference call with other black RRCC community members, please use the form linked above to send our office your contact information.

Denver Chapter of Black Lives Matter

Opportunities for discussion and rallies are posted here. We encourage anyone considering attending an in-person rally to follow the city and state guidelines for safety and social distancing.

Black and Brown Student Association (BBSA)

The BBSA is not currently active, but is a great opportunity for the black and brown student community at RRCC to support one another, socialize, and explore interests and issues together.

Please reach out if you are interested in joining this group!

Email: rrcc.bbsa@gmail.com

Advisor: Bre'una Keeton - Breuna.Keeton@rrcc.edu

