

Resources for Mental Health and Self-Care



- [Mental Health and Wellness in a Racism Pandemic](#): A town hall with President Obama where he is joined by Congressman John Lewis, Founder and Executive Director of the Equal Justice Initiative Bryan Stevenson, Writer and Survivor of Police Brutality Leon Ford, Jr., and Youth Leader LeQuan Muhammad, in a conversation moderated by Activist and Author Darnell Moore. (6/5/20)
- [Compassion Fatigue](#): The American Bar Association addresses compassion fatigue and how it can affect lawyers.
- [60 Digital Resources for Mental Health](#): The list from Social Work License Map spans diagnostic tools, research portals, government organizations, nonprofits, blogs, and phone hotlines devoted to addressing a range of issues.
- [“Adverse Community Experiences and Resilience: A Framework For Addressing and Preventing Community Trauma”](#) From the Prevention Institute and funded by Kaiser Permanente Community Benefit in Northern California, this report offers a groundbreaking framework for understanding the relationship between community trauma and violence. (Feb 2016)
- National Center for Substance Abuse and Child Welfare (SAMHSA) provides a [list](#) of Trauma resources for children and families affected by trauma exposure.
- [The National Alliance for Mental Illness](#): NAMI’s Statement On Recent Racist Incidents and Mental Health Resources for African Americans (5/29/20)
- Urban Institute’s [“Trauma-Informed Community Building and Engagement”](#) (April 2018)



- [How to Quell the Overwhelm: Using Organization and Self-Care to Manage Stress](#): American Bar Association
- [“Self-Care For Politically Charged Times”](#) (2019) An eight part series with topics like “The Five Rules for Self-Care”, building a community of care, taking a moment, designing personal wellness plans and more.
- [“21 Self-Care Resources to Help You Heal and Survive”](#) A list of tips, tools and resources curated by The Rockwood Leadership Institute for self-care actions we can all take in our daily lives. (July 2016)
- [Self-Care for Caregivers During Covid-19](#) Though caring for your loved one is often the number one priority it is just as important to ensure and attend to your own physical and mental well-being. Therefore, we encourage caregivers to make meaningful time for themselves and engage in self-care.
- [Healing in Action](#): A Toolkit for Black Lives Matter Healing Justice & Direct Action. This toolkit was created to collate, condense and share the lessons learned by this movement in ensuring that our direct actions are centered on healing justice. (2018)
- A few resources for those who find themselves sitting for hours at a time at a desk or in your improvised work from home office set-up, here are guides to lead you through some stretching moves you can easily do from your home office. First a short video featuring some [chair yoga](#) moves, a [one-pager](#) with some examples of desk yoga and meditation, and a finally a series of [10 Desk Chair](#) moves everyone can do.
