



RESOURCES & SUPPORT FOR HEALING IN THE WAKE OF CHARLOTTESVILLE



COMPILED BY FAITH MATTERS NETWORK – 2017

HISTORICAL BACKGROUND

1. [Charlottesville Syllabus](#)
2. [How Antisemitism Animates White Nationalism](#)

HOTLINES

1. [National Suicide Prevention Hotline](#), or call 1-800-273-8255. There is also an online chat option.
2. [Crisis Text Line](#), or simply text 741-741.

THERAPISTS & COUNSELORS

1. [National Queer and Transgender Therapists of Color Network](#)
1. [Therapy for Black Girls](#)
2. [African American Therapists](#)
3. [Association of Black Psychologists](#)
4. [Good Therapy – Therapist Directory](#)

TO LISTEN TO OR WATCH

1. [The U.S. Department of Arts & Culture – Art Became the Oxygen: A Guide to Artistic Response](#)
2. [Fortification Podcast-Spiritual Sustenance for Movements](#)
3. [Auburn Theological Seminary Webinars – Resiliency, Brave Space and more](#)
4. [Ruby Sales, Where Does It Hurt?, On Being Podcast](#)
5. [Patrisse Cullors and Robert Ross, “The Spiritual Work of Black Lives Matter”](#)
6. [Spotify: Most Relaxing Songs Ever, According to Science](#)
7. [Spotify: Meditate to Sounds of Nature](#)
8. [23rd Psalm – Bobby McFerrin & Choir](#)
9. [The Work of the People: Reverend Jennifer Bailey of Faith Matters Network](#)

TO READ

1. [Just Healing – Healing Justice Practice Space Resources](#)
2. [How Can Spiritual Practice Sustain Activism?](#)
3. [Know Your \(Lack of a Role\): Honoring Healing Spaces as an Ally](#)
4. [Self Care for People of Color After Psychological Trauma \(Print Out\)](#)
5. In her poetry, prose, and speaking, Adrienne Maree Brown [shares about](#) how we care about each other in our movements for justice. See also: Emergent Strategy.
6. [The Sanctuaries, Sacred Practices for Resilience and Resistance](#)
7. [The Ring Theory of Care After/In Midst of Trauma](#)
8. [People’s Supper Healing Guidebook](#)
9. [Icarus Project Crisis Tool Kit. Mental health, Suicide, Crisis, Psychosis, Hotlines & Warmlines](#)
10. [Recovering from TTSD \(Shrump* Traumatic Stress Disorder\)](#)
11. [Self Care and Collective Care Continuous Crowd-sourced Idea Document](#)
12. [The Interdependence Project: Online Group Meditation Every Wednesday](#)
13. [The Hive Podcast: Meditations and Conversations About Contemplation and Action](#)
14. [Jardana Peacock on Soundcloud Meditations, Healing movement.](#)
Her full website: jardanapeacock.com
15. [Activism & Self Care Newsletter, Free Weekly Meditation Each Monday](#)
16. [The People’s Supper – host or attend a Healing Supper](#)
17. [365 of Black Love at Harriet’s Apothecary](#)
18. [Sacred Vibes Apothecary Shop](#)
19. [Ancestral Apothecary Shop](#)

*I am living a life I don't regret
A life that will resonate with my ancestors,
and with as many generations forward as I can
imagine.*

*I am attending to the crises of my time with
my best self,
I am of communities that are doing our collective best
to honor our ancestors and all humans to
come.*

adrienne maree brown, Emergent Strategy

THE PEOPLE'S SUPPER IS A COLLABORATION BETWEEN



Faith Matters Network
Building Community and Taking Action

