

## Post-Forum Mental Health Resources

<a href="#">Steve Fund</a>	<a href="http://www.stevfund.org">www.stevfund.org</a> Text STEVE to 741741	<i>Dedicated to the mental health and emotional well-being of students of color and provides educational and support resources to young people, including a 24/7 text hotline.</i>
<a href="#">Therapy for Black Girls</a>	<a href="https://therapyforblackgirls.com">https://therapyforblackgirls.com</a> Text TRIBE to 741741	<i>Online space dedicated to encouraging the mental wellness of Black women and girls. Offers listing of mental health professionals across the country who provide high quality, culturally competent services to Black women and girls, an informational podcast, and an online support community.</i>
<a href="#">Black Men Heal</a>	<a href="https://blackmenheal.org">https://blackmenheal.org</a>	<i>Provides access to mental health treatment, psycho-education, and community resources to men of color.</i>
<a href="#">JED Foundation Mental Health Resource Center</a>	<a href="https://www.jedfoundation.org/mental-health-resource-center/">https://www.jedfoundation.org/mental-health-resource-center/</a> Call 1-800-273-TALK (8255)	<i>The Jed Foundation’s Mental Health Resource Center provides essential information about common emotional health issues and shows teens and young adults how they can support one another, overcome challenges and make a successful transition to adulthood.</i>
<a href="#">National Queer and Trans Therapists of Color Network</a>	<a href="https://www.nqttcn.com/directory">https://www.nqttcn.com/directory</a>	<i>A healing justice organization that actively works to transform mental health for queer and trans people of color in North America.</i>
<a href="#">Self-Care Tips for Black People Who Are Struggling With This Very Painful Week</a>	<a href="https://www.vice.com/en_us/article/g5pgmq/self-care-tips-for-black-people-struggling-from-painful-week">https://www.vice.com/en_us/article/g5pgmq/self-care-tips-for-black-people-struggling-from-painful-week</a>	<i>If images of Black suffering have left you feeling sad and angry and overwhelmed, here are some things you might do to get a tiny bit of relief.</i>
<a href="#">Coping with Traumatic Stress</a>	<a href="https://cardinalatwork.stanford.edu/faculty-staff-help-center/resources/work-related/coping-traumatic-stress">https://cardinalatwork.stanford.edu/faculty-staff-help-center/resources/work-related/coping-traumatic-stress</a>	<i>Signs, strategies, and support for dealing with the aftermath of a traumatic event including how to talk with kids.</i>



## [Student Assistance Program](#)

[www.nexgeneap.com](http://www.nexgeneap.com)

Call 1.800.327.2255

Member ID: 8774

*Cooke-sponsored confidential wellness program that includes free mental health counseling, legal and financial consultations, individualized wellness resources, health advocacy support, and virtual concierge access to local resources.*