

RESOURCES FOR STUDENTS OF COLOR

COPING WITH DISPARATE IMPACT OF COVID-19



While the COVID-19 pandemic is affecting every single one of us, the Counseling Center wants to acknowledge the disproportionate toll it is taking on communities of color. The crisis has highlighted and aggravated the longstanding and stark inequities in access to healthcare and other resources. As communities of color cope with the economic fallout of the pandemic, they are also grappling with heightened concerns about racialized violence and higher rates of infection and death from the coronavirus. We have pulled together resources that we hope might offer some additional support to our students of color as they navigate the enormous challenges of a pandemic in a world already characterized by severe racial injustices.

- [Mental Health in Diverse Communities During COVID-19](#) – A brief video by Diverse Minds Peer Educators on mental health during COVID-19 specifically tailored to marginalized communities. Watch for ideas on self-care and community care.
- [Black Girl Magik COVID-19 Global Resource Guide](#) – Includes FREE therapy vouchers for Women of Color, apps, self-care tools, financial resources, etc.
- [COVID-19 Community Care Resources](#) – Crowdsourced list of various resources for self- and community-care including suggestions for online community spaces.
- [Collective Care Is Our Best Weapon Against COVID-19](#) – By Mutual Aid Disaster Relief
- [Steve Fund](#) – A non-profit organization dedicated to promoting the mental health & emotional well-being of college students of color. The web page has tips and resources for students of color and their families.
 - **Crisis Services via Steve Fund:** Are you a young person of color? Feeling down, stressed or overwhelmed? **Text STEVE to 741741** and a live, trained Crisis Counselor will receive the text and respond to you quickly to provide support. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment
- [United We Dream](#) – The largest immigrant youth-led community in the nation.
 - Please see [coronavirus resource hub](#) for the immigrant community for the most up-to-date information.
- [Adrienne Maree Brown on Additional Resources for Facing Coronavirus/COVID-19](#)
- [Surviving & Resisting Hate: A Toolkit for People of Color](#)
- [5 Ways People of Color Can Foster Mental Health & Practice Restorative Healing](#)
- [Community Care During COVID-19: A Message To and From AAPIs](#)
- [Being an Ally in Response to Coronavirus-based Racism](#)
- [How to Respond to Microaggressions](#)
- [Radical Healing in Times of Fear and Uncertainty](#)
- [A Care Package for Uncertain Times](#)

Additional resources can be found here: [COVID-19 Racial Equity & Social Justice Resources](#)