Dear Students,

Student Health and Counseling Services joins the rest of the UCSF community in expressing our grief, sorrow, and compassion to all those who have been impacted by the race-based tragedies that have been occurring across our nation. These tragedies reflect a longstanding and entrenched history of structural and systemic injustice that we condemn and are dedicated to addressing. We have to breathe action; We have to breathe words; We have to breathe honor to George Floyd and the many others.

While these tragedies can be traumatizing for all of us, we recognize that they may be especially injurious to members of our Black and African-American community. In the aftermath of experiencing or witnessing trauma, it is normal to experience a range of feelings and emotions such as shock, fear, sadness, anger, helplessness, or guilt. Our mental health team is committed to affirming and providing care for all of our students who have been directly or vicariously impacted by trauma. We encourage you to contact our office if you or someone you know would like support with coping and healing. If you are new to Counseling Services, please give us a call at 415-476-1281 to schedule a phone appointment. If you have a current mental health provider and would like an appointment with your provider, please contact them via secure message.

We hope that the resources on our facebook page and below resonate with the UCSF community as ways in which we can both support those who are hurting and join together to facilitate a more inclusive and supportive environment for all.

You are not alone in this time of physically distancing. Please stay connected! Be safe! Be well!

In love and solidarity,

Chaitali Mukherjee, MD, MPH
Assistant Vice Chancellor / Executive Medical Director
Student Health and Counseling Services

Jeanne Stanford, PhD
Director, Mental Health Services
Student Health and Counseling Services

and

Your Student Health and Counseling Services Team

Resources for Black Individuals and Communities

Black Lives Matter: Meditations
Black Lives Matter: Toolkits
Common Coping Strategies
Disarming Racial Microaggressions: Microintervention Strategies for Targets, White Allies, and Bystanders
Discrimination: What It Is and How to Cope
Emotionally Restorative Self-Care for People of Color
Filling Our Cups: 4 Ways People of Color Can Foster Mental Health and Practice Restorative Healing
Grief is a Direct Impact of Racism: Eight Ways to Support Yourself
Healing Justice is How We Can Sustain Black Lives
Liberate Meditation App (by and for people of color)
NAMI: African American Mental Health
UndocuBlack Network, Mental Wellness Initiative
Proactively Coping with Racism
Racial Trauma is Real
Radical Self-Care in the Face of Mounting Racial Stress
Racism Recovery Steps
Recovering Emotionally From Disaster
Supporting Kids of Color in the Wake of Racialized Violence
Talking about Race: Self-Care
Tips for Self-Care: When Police Brutality Has You Questioning Humanity and Social Media is Enough
Tips for Supporting Each Other
We Heal Too
The Steve Fund

Antiracism Resources

75 Things White People Can Do for Racial Justice
Antiracism Learning Opportunities through Enrich Chicago
Antiracist Toolkit for Teachers and Researchers
A Detailed List of Anti-Racism Resources
Detour-Spotting for White Antiracists
Disarming Racial Microaggressions: Microintervention Strategies for Targets, White Allies, and Bystanders
Expressive Writing Prompts to Use if You’ve Been Accused of White Fragility, Spiritual Bypassing, or White Privilege
Harvard Implicit Bias Test
How to Talk to Kids about Race: Books and Resources That Can Help
How Well-Intentioned White Families Can Perpetuate Racism
Resources for Educators Focusing on Antiracist Learning and Teaching
Talking About Race: Being Antiracist
Toolkit for Teaching about Racism
White Privilege: Unpacking the Invisible Knapsack

Books to Read On Antiracism

How to Be an Antiracist by Dr. Ibram X. Kendi
Me and White Supremacy: Combat Racism, Change the World, and Become a Good Ancestor by Layla Saad
The New Jim Crow: Mass Incarceration in the Age of Colorblindness by Michelle Alexander
White Fragility: Why It’s So Hard for White People to Talk about Racism by Dr. Robin DiAngelo
An Antiracist Reading List - New York Times

On the Experience of Racism

Citizen: An American Lyric by Claudia Rankine
Eloquent Rage: A Black Feminist Discovers Her Superpower by Dr. Brittney Cooper
I’m Still Here: Black Dignity in a World Made for Whiteness by Austin Channing Brown
The Bridge Called My Back, Writings by Radical Women of Color edited by Cherríe Moraga and Gloria Anzaldúa

My Grandmother’s Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies by Resmaa Menakem

Trevor Noah/The Daily Show: Trevor shares his thoughts on the killing of George Floyd, the protests in Minneapolis, the dominos of racial injustice and police brutality, and how the contract between society and black Americans has been broken time and time again.

Mindfulness resources

The Inner Work of Racial Justice: Healing Ourselves and Transforming our Communities through Mindfulness by Rhonda Magee
Mindfulness of Race: Transforming Racism from the Inside Out by Ruth King

Organizations to Support

Black Emotional and Mental Health Collective
Black Girls Smiles
Black Lives Matter – Chicago
Black Women’s Blueprint
Chicago Regional Organizing for Antiracism
Color of Change
Enrich Chicago
Equal Justice Initiative
National Association for the Advancement of Colored People
Showing up for Racial Justice
Sister Song
The Audre Lorde Project
The Antiracist Research and Policy Center
The Leadership Conference on Civil and Human Rights

Addressing Racism in Educational Institutions and Curriculums

There Is No Apolitical Classroom: Resources for Teaching in These Times
Teaching While White Podcast
Teaching for Black Lives Book and Teaching Materials and Resources Related to Teaching for Black Lives
How to Be an Antiracist Educator
‘White Privilege Permeates Education’: Q&A With Anti-Racist White Educator

Resources for Parents and Caregivers

Your Kids Aren't Too Young to Talk About Race: Resource Roundup
How White Parents Can Use Media to Raise Anti-Racist Kids
Resources for Talking about Race, Racism and Racialized Violence with Kids
Beyond the Golden Rule: A Parent’s Guide to Preventing and Responding to Prejudice
31 Children’s books to support conversations on race, racism and resistance

Activists and Educators

Rachel Cargle, a writer and lecturer who explores the intersection between race and womanhood
Ibram X. Kendi, the author of How To Be An Antiracist and Director of the Antiracism Center
Nikkolas Smith, the artist behind portraits of George Floyd, Ahmaud Arbery and others
Charlene Carruthers, founder of the Black Youth Project 100
Brittany Packnett Cunningham, co-founder of Campaign Zero, a policy platform to end police
violence, and a host of Pod Save The People
Layla Saad, author of Me and White Supremacy: A 28-Day Challenge to Combat Racism, Change
the World, and Become a Good Ancestor

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URGENT & EMERGENCY CARE

If you are experiencing a medical or mental health emergency, proceed to the nearest Emergency Room.

Urgent Care: Urgent Care clinics are usually faster and less costly than an ER visit IF you don’t need emergency care, just care that day. Urgent Care Options include:

• **LiveHealth Online – 24/7 video visit with a medical or mental health provider**
  How much do I pay for an online visit using LiveHealth Online?
  ◦ For UCSF students enrolled in UC SHIP:
  ◦ $0 copay for medical and mental health services
  ◦ For UCSF students not enrolled in UC SHIP:
  ◦ $59 copay for medical services
  ◦ Cost is variable for mental health services

• **Find a UC SHIP network provider**

OPTIONS for SEEKING CARE

UCSF Emergency Room
505 Parnassus Avenue
(415) 353-1008
Open: 24 Hours

Note: The new Mission Bay hospital does NOT have an adult ER. There are no urgent or emergency services for adults at that location.

Mental Health After Hours or Urgent Care Providers

SHCS Mental Health After-Hours Consult Line: Connect with a mental health provider over the phone via our Mental Health Consult Line. To speak with a therapist after-hours, on weekends or over the holidays, call (415) 476-1281, option 2.

LiveHealth Online – Video provider visits for counseling or psychiatry. Select a time convenient for you with a provider of your choosing. You will be asked to create an account and enter your UC SHIP subscriber ID so that the system only charges your copay, not the full fee. $0 copay with UC SHIP.

24/7 Nurse Line

You can also call Anthem’s 24/7 NurseLine to connect with a registered nurse after hours, on holidays and weekends. NurseLine nurses can help you with general healthcare questions. To reach the 24/7 NurseLine, call 877-351-3457.