

From: UCSF Student Health & Counseling <students-shs@saa-02.ucsf.edu>

Sent: Monday, June 1, 2020 8:11 PM

To: UCSF Student Health Services <shs@ucsf.edu>

Subject: [SHCS] [PLEASE READ] In Response to Race-Related Violence

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*

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](#).