



Healing, Reconciliation & Wellness | A List of Resources

Below is a list of resources to support Skidmore students, staff and faculty who may require additional support in response to the Derek Chauvin trial.

- Black Mental Health Resources & Support - Skidmore College Counseling Center
https://www.skidmore.edu/counseling/education/black_mental_health_resources.php
- Race Related Stress-Skidmore College Counseling Center
<https://www.skidmore.edu/counseling/education/racerelatedstress.php>
- Employee Assistance Program - Skidmore College
Contact 518-793-9768 or 1-800-734-6072
- Racism, Police Violence & Health - The Clinical Problem Solvers
<https://clinicalproblemsolving.com/2020/08/25/episode-120-antiracism-in-medicine-series-episode-1-racism-police-violence-and-health/>
- 10 Ways to Live Restoratively
Zehr Institute of Restorative Justice
<https://emu.edu/now/restorative-justice/2009/11/27/10-ways-to-live-restoratively/>
- On Being Antiracist by Anneliese A. Singh
Racial Healing Handbook: Practical Activities to Help You Challenge Privilege, Confront Systemic Racism, and Engage in Collective Healing
https://nmaahc.si.edu/sites/default/files/downloads/resources/racialhealinghandbook_p87to94.pdf
- Grief is a Direct Impact of Racism - 8 Ways to Support Yourself - by Roberta K. Timothy
<https://theconversation.com/grief-is-a-direct-impact-of-racism-eight-ways-to-support-yourself-91750>
- Liberate Meditation App
<https://apps.apple.com/us/app/liberate-meditation/id1451620569>
- Therapy for Black Girls
<https://therapyforblackgirls.com/>

- Therapy for Black Men
<https://therapyforblackmen.org/>