

BAME support resources + ally info

Online support

Black Thrive a UK mental health partnership and are hosting Zoom chats on **Fridays 4-5pm** where people can discuss the current situation and how the lockdown is affecting.

Join via Zoom: <https://zoom.us/j/549374164> **Meeting ID:** 549374164

Join by phone: 0203 481 5240 or 0208 080 6591

www.blackthrive.org.uk

Self-care tips and resources for young black people > <http://makeourrightsreality.org.uk/supporting-your-mental-health-as-young-black-person/>

Self-care

- Set boundaries - Take a break from the news and social media at this time, its okay.
- Digital detox - If you don't want to take a break, please put some limits in place. Try to limit the amount of time you access the news and social media
- Look at your engagement - Don't spend your energy going back and forth with strangers on the internet whose aim it is to antagonise and invalidate
- Get support where you can from friends or family. You may wish or find at this time that you may wish to seek the support of a therapist or online community.
- Only share what you are happy to share. Your story is yours alone and is valid.
- Take a break from talking from about everything find something that makes you happy.
- Meditation or prayer
- Therapists/counselling
 - Please research BAME therapists, there are also free therapist network across the UK: The Free Psychotherapy Network <https://tinyurl.com/ycuep4ag>
 - [Black and Asian Therapy Network](#)

UK-based organisations

[Black Learning Achievement and Mental health \(BLAM\) charity](#)

[Stephen Lawrence Charitable Trust](#)

[Black Minds Matter UK](#)

[MAMA Youth Project](#)

Resources

[Black Mental Health Alliance](#)

[Black Lives Matter Resources \(ACPA\)](#)

[An interview with the founders of Black Lives Matter](#)

[Dr Kimberle Crenshaw's intersectionality TedTalk](#)

[Black Trans Lives Matter](#)

[How to talk to your children about protests and racism](#)

[Support Black Lives Matter: Donations, petitions, resources and more](#)

Resource for organisations

[Diversity wins: How inclusion matters | McKinsey](#)