

Resources for the BIPOC community during the Chauvin trial



Many members of the BIPOC (Black, Indigenous, People of Color) community may re-experience trauma during this time.

Resources:

- **The Legal Rights Center** website (<https://www.legalrightscenter.org/trial-community-support.html>) has a number of resources:
 - They posted informational materials on the legal aspects of the trial
 - You can download a restorative practice tool kit: https://25735760-884358637478945797.preview.editmysite.com/uploads/2/5/7/3/25735760/lrc_restorative_toolkit_for_trials.pdf
 - They are holding Open Restorative Processing Space for Community Members on Fridays from 4:00-5:30 PM. Register Here: <https://zoom.us/join/zoom/register/tJMud-GurT4iGNQgYrmaQRlel0WNWiqsfkjZ>
- **Minneapolis City Government Webpage for mental health resources:** <https://www.minneapolismn.gov/government/programs-initiatives/trial-support-safety/mental-health-resources/>
- **African American Leadership Forum:** <https://tcaalf.com/>
- **Mental Health Fund:** <https://www.nqtcn.com/mentalhealthfund>
- **MN Healing Justice Network:** <https://www.mnhealingjustice.com>
- The City, through the [Cultural Wellness and Health Directory](#) aims to connect residents and the broader community to a network of culturally specific practitioners who provide mental health and healing services as well as other forms of healing from trauma. [Read more about trauma informed services at the City of Minneapolis.](#)

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NAMI Minnesota (National Alliance on Mental Illness) is a non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families. NAMI Minnesota offers education, support and advocacy.

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Article and videos:

- **Coping with Grief After Community Violence:**
<https://store.samhsa.gov/sites/default/files/d7/priv/sma14-4888.pdf>
This fact sheet discusses tips on how to cope with grief after an incident of community violence. It introduces common signs of grief and anger, and offers tips for helping children deal with grief.
- **Family-Care, Community-Care and Self-Care Tool Kit: Healing in the Face of Cultural Trauma:** <https://www.abpsi.org/pdf/FamilyCommunitySelfCareToolKit.pdf>
The Community Healing Network and the Association of Black Psychologists produced this extensive guide of ways to promote healing in individuals, families, and communities.
- **Secondary Traumatic Stress: A Fact Sheet for Organizations Employing Community Violence Workers:**
https://www.nctsn.org/sites/default/files/resources/secondary_traumatic_stress_community_violence_workers.pdf
Human Services workers may experience secondary traumatic stress when assisting people who are suffering. This guide provides information about the issue, who is at risk, and what can help.
- **Tips for Survivors of Disaster:** <https://store.samhsa.gov/sites/default/files/d7/priv/sma13-4775.pdf>
Effects of trauma on physical, emotional, financial and work life, and signs that may indicate help is needed.
- **Tips for Self-Care: When Police Brutality Has You Questioning Humanity and Social Media Is Enough:** <http://www.theroot.com/articles/culture/2016/07/tips-for-self-care-when-police-brutality-has-you-questioning-humanity-and-social-media-is-enough/>
- **Emotionally Restorative Self-Care for People of Color:**
https://www.youtube.com/watch?v=GuLT_YQLGF8
- **The Road to Resilience:** <http://www.apa.org/helpcenter/road-resilience.aspx>
- **101 Ways to Take Care of Yourself when the World Feels Overwhelming:** <http://www.upworthy.com/101-self-care-suggestions-for-when-it-all-feels-like-too-much?c=ufb2>



Resources for the BIPOC community during the Chauvin trial (continued)



Article and videos (continued):

- **Self Care Tips for Black People Who Are Really Going Through It Right Now**
<https://www.vice.com/en/article/g5pgmq/self-care-tips-for-black-people-struggling-from-painful-week>
- **Managing Your Mental Health During the Derek Chauvin Trial**
<https://www.kare11.com/article/news/health/mental-health-derek-chauvin-trial-george-floyd/89-3f4649c0-a40c-44f4-807b-5d74498d47e8>

Meditation

- [Hand Over Heart](#) guided meditation by **Dr. Joi Lewis**
- [Guided Ancestor Meditation](#) by **Justin Michael Williams**



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