

#KowTeff Cares - Still Celebrating Juneteenth, through Six Signature Elements!

HEALTH & WELLNESS

General Mental Health and Psychological Support

Shine app resources <https://www.virusanxiety.com/>

[ABPsi and CHN Family-Care, Community-Care and Self-Care Tool Kit](https://www.abpsi.org/pdf/FamilyCommunitySelfCareToolkit.pdf): This resource discusses individual and community trauma, and offers tools for practicing self, family, and community care. <https://www.abpsi.org/pdf/FamilyCommunitySelfCareToolkit.pdf>

[Briefing note on addressing mental health and psychosocial aspects of COVID-19 Outbreak](#) -This resource summarizes key mental health and psychosocial support considerations for coping.

[Care for your Coronavirus Anxiety](#)-This website offers a wide range of resources for managing anxiety and maintaining mental health in

[Five Ways to View Coverage of the Coronavirus](#)-Tips for managing anxiety, putting news reports in perspective, and keeping a positive outlook

[Speaking of Psychology: Coronavirus Anxiety](#)- Podcast episode with psychologist Baruch Fischhoff, PhD, explaining how we cope with new risks, how to calm our anxiety, and the psychological effects of being quarantined.

[New York State COVID-19 Emotional Support Helpline](#) - For FREE emotional support, consultation, and referral to a provider: 1-844-863-9314

[The Steve Fund Crisis Text Line Partnership](#)- Text STEVE to 741741 (utilizes counselors of color)

[Disaster Distress Helpline](#)- 1-800-985-5990

[National Suicide Prevention Lifeline](#)- 1-800-273-8255

Health Equity Resources

Analysis

[Women of Color Will Save Us All](#) Erin Trent Johnson, Medium.com

[Coronavirus Poses Racial Justice Concerns In Every Aspect Of Society](#) Color Of Change

[How Coronavirus Affects Black People: Civil Rights Groups Call Out Racial Health Disparities](#) Royce Dunmore, NEWSONE

[The Coronavirus Doesn't Need a Visa: COVID-19's Effect on Immigrant Populations](#) Mahsa Khanbabai, MS Magazine

[The Coronavirus Pandemic and the Racial Wealth Gap](#) Danyelle Solomon and Darrick Hamilton, Center for American Progress

[Why You Should Stop Joking That Black People Are Immune To Coronavirus](#) Brentin Mock, CityLab

[Trump's Racist Response To Covid-19 Endangers All Americans, Including Immigrants](#) Southern Poverty Law Center

[Why Octavia E Butler's Novels are so relevant today](#) Hephzibah Anderson, BBC

[Asian-American Leaders Condemn COVID-19 Racism](#) N. Jamiyla Chisholm, Colorlines

[A Few Things For Nonprofits And Foundations To Consider In Light Of The Coronavirus](#) Vu Le, NonProfit AF

[The World After This](#) Motherboard Staff, [VICE.COM](#)

[Coronavirus Has Exposed America's Digital Divide](#) Nicole Aschoff, Jacobin

[When Xenophobia Spreads Like A Virus](#) NPR Code Switch podcast

[White Supremacists Discussed Using Coronavirus As A Bioweapon](#) Hunter Walker and Jana Winter, Huff Post

[Coronavirus and Racial + Social Equity: Centering Justice During Times of Uncertainty and Four Things You Can do Right Now](#) The Justice Collective

[Colorado Wants To Ensure Coronavirus Won't Affect Low-Income, Minority Communities Disproportionately](#) Michael Booth, Colorado Trust and Colorado Sun

[Decolonizing Community Care In Response to COVID-19](#) Jade Begay, NDN Collective

[How Social Distancing Could Lead to a Spike in White Nationalism](#) EJ Dickson, Rolling Stone

[Why Coronavirus Relief Needs to be Permanent](#) Megan Wildhood, YES!

[Sinophobia: How a virus reveals the many ways China is feared](#) Tessa Wong, BBC News

[Ring the Alarm: COVID-19 Presents Grave Danger to Communities of Color](#) Hilary Beard, Colorlines

[Solidarity Economics-for the Coronavirus Crisis and Beyond](#) Chris Benner and Manuel Pastor, The American Prospect

[Coronavirus is a Historic Trigger Event. We Need a Massive Movement in Response](#) Paul Engler, Waging Nonviolence, Truth out

[This is not a Drill - Live](#) Organizing Upgrade and The Real News Network Resources & Tools

[Talking About COVID-19: A Call for Racial, Economic, and Health Equity](#) The Opportunity Agenda
[Anti-Stigma Social Media Toolkit](#) King County, Washington

[Countering COVID-19 \(Coronavirus\) Stigma and Racism: Tips for Parents and Caregivers](#) National Association of School Psychologists

[Youth First COVID-19 Action: Social Media Toolkit](#) Youth First-Together

[COVID-19 \(Coronavirus\) Response & Resources](#) The Justice Collaborative

[Stop AAPI Hate: Form to report hate crimes against Asians](#) Asian Pacific Policy and Planning Council

[Beloved Community COVI-19 Response Strategy Mini Equity Audit](#) Erica Freedman, Beloved Community

Healing & Community Care

[Community Care During COVID-19: A Message To and From AAPIs](#) AAPI Force-EF, Medium.com

[Solidarity Not Charity Mutual Aid for Mobilization and Survival](#) Dean Spade, Social Text 142 • Vol. 38, No. 1

[Permanently. Organized. Communities.](#) MovementGen

[Love in the Time of Coronavirus: What Living Through the HIV/AIDS Epidemic Taught Me](#) Kevin Fong, YES! Magazine

[Additional Resources for Facing Coronavirus/Covid19](#) adrienne maree brown

[Self-Love in the Time of Coronavirus](#) Hilary Beard, Colorlines

[Coronavirus: Wisdom from a Social Justice Lens podcast](#) IRRESTIBLE

[Caring Across Distance: Some Things To Consider Before Movement Gatherings During COVID-19](#) Maryse Mitchell-Brody

[Black Girl Magik COVID-19 Global Resource Guide](#) Black Girl Magik

[Online Contemplative Resources for Coronavirus Crisis](#)

Organizing & Solidarity

[Demands from Grassroots Organizers Concerning COVID-19](#) Kelly Hayes

[Humanity Not Cages: Demanding a Just and Humane Response to Outbreak](#) Color of Change

[Tell your Story. Help Us Track Hate – Read Stories & Report Now](#) Asians Americans Advancing Justice

[Worker & Migrant Justice Response to the Coronavirus](#) National Day Laborer Organizing Network
[National COVID-19 Response Advocacy Asks](#)

[Race Forward Statement On The Coronavirus Emergency, Official Response And Its Impacts On Communities Of Color](#) Race Forward

[Ensure All People \(regardless of immigration status\) Have Access to Care to Face the Coronavirus Pandemic – Sign Petition](#)

[Covid-19 Response Guidance For Community Bail & Bond Funds](#) National Bail Fund Network

[Open Letter to ICE From Medical Professionals Urging the Release of Individuals in Immigration Detention Given the Risk of COVID-19](#)

[Taking Action for Health, Justice, and Belonging in the Age of COVID-19](#) Human Impact Partners, Medium.com

[Coronavirus Pandemic and Black People: An Action Plan to Protect our Community](#) Color of Change and BET

[Demand Prison Phone Justice in COVID-19 Relief Efforts](#) Media Justice

[A National Call for Moral Revival: Mass Poor People's Assembly and Moral March on Washington – June 20th](#) Poor People's Campaign

Resource Building & Rapid Response Funders, [this is the rainy day you have been saving up for](#) Vu Le, Nonprofit AF

[Coronavirus and COVID-19 Funds](#) Giving Compass

[HIP COVID-19 Rapid Response Migration Fund](#) Hispanics in Philanthropy

[COVID-19: Response and Recovery Resources for Giving Families](#) National Center for Family Philanthropy

[COVID-19 Foundation Response Funds: COVID-19 Response Funds](#) Council on Foundations

[Essential Advice and Resources for Nonprofits – COVID-19 / Coronavirus | Recession | Remote Work](#) Bloomerang

[Funding for coronavirus \(COVID-19\)](#) Candid.

[COVID19 Emergency Funding Sources](#) New Economy Coalition

Virtual Work & Online Engagement [Living \(and Working Virtually\) in Uncertainty](#) Cynthia Silva Parker, IISC

[Digital Resilience in the Time of Coronavirus](#) Equality Labs

[Building Trust While Working Remotely](#) The Engine Room

[Checking-in to prevent checking-out](#) Center for Story-Based Strategy

[Social Justice in a time of Social Distancing](#) Kenneth Bailey and Lori Lobenstine, The Design Studio for Social Intervention

[Digital divide resources during the pandemic](#) Leana Mayzlina NTE

[Training for Change](#)

[Caring Across Distance: Some Things to Consider Before Movement Gatherings During COVID-19](#)

Maryse Mitchell-Brody

[TechSoup COVID-19 Resources](#) TechSoup

List of Lists

[COVID-19 Resources for Undocumented Communities](https://www.undocuscholars.com)<https://www.undocuscholars.com>

[Immigrant Justice Accompaniment Skill-Share - Covid-19/Coronavirus Resources](#)

[Treating Yellow Peril: Resources to Address Coronavirus Racism](#) Jason Oliver Chang

[Collective Care is our Best Weapon Against COVID-19](#) Cindy Milstein

[Coronavirus \(COVID-19\) - Bay Area Nonprofits](#) CompassPoint

[Online Meeting/Gathering Resources](#) Full Circle Associates

[Listings of #covid19mutualaid initiatives \(crowd-sourced\)](#)

[COVID-19 & Freelance Artists Resources](#) Hannah Fenlon, Ann Marie Lonsdale, Abigail Vega

[Coronavirus Resource Kit](#)

[Coronavirus Tech Handbook](#)

[COVID-19 Equitable Response Community Commons](#) Center for Urban and Racial Equity