

Resources for the BIPOC community during the Chauvin trial



Many members of the 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_tool_kit_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/meeting/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/>

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.



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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- **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>
- <https://www.kare11.com/article/news/health/mental-health-derek-chauvin-trial-george-floyd/89-3f4649c0-a40c-44f4-807b-5d74498d47e8>

