



Black Lives Matter –

Resources for Education and Support

We are in the midst of a civil rights movement, and League stands in solidarity with the Black community against racism, hate and injustice. The long-term effects of racism have a profound effect on mental health. If you're experiencing stress or anxiety or finding ways to show up as a stronger ally, we're here to listen, offer support, and connect you with resources.

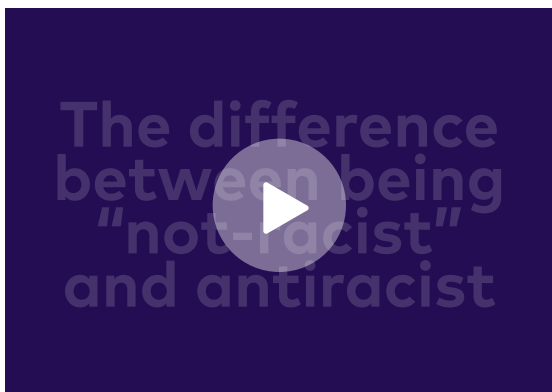




Education

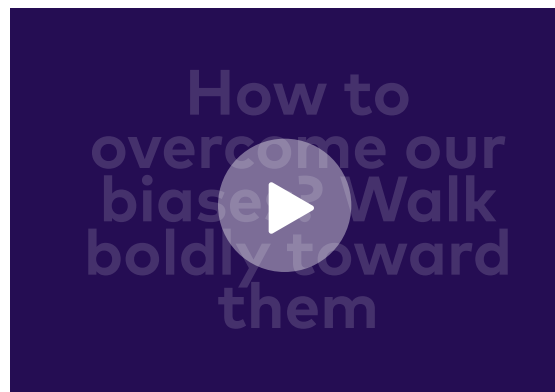
Showing up as a stronger ally starts with education. Below are some videos to watch for self-reflection and learning on key concepts of this movement.

To Watch



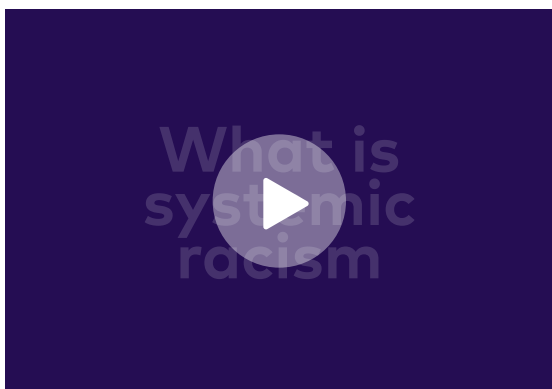
The difference between being "not-racist" and antiracist

Ibram X. Kendi • TED2020



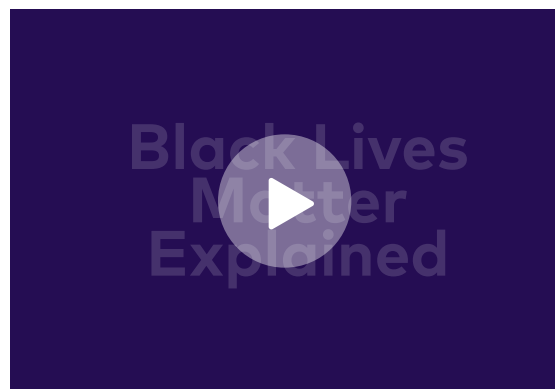
How to overcome our biases? Walk boldly toward them

Vernā Myers • TEDxBeaconStreet



What is systemic racism

Created by Race Forward



Black Lives Matter Explained

Channel 4 News



Help at League

We know it's not easy dealing with everything that's happening in the world today. Lean on us to get the help you need.

1 League Health Concierge

If you're feeling overwhelmed and don't know where to get support, our Health Concierge team is a great place to start. They'll take the time to understand your state of mind and your health history so they can recommend useful programs and resources to help you cope during this stressful time.

[Chat with Health Concierge >](#)

2 Inkblot

VIRTUAL THERAPY

It can be hard to process traumatic events and emotions on your own. If you're feeling lost, stressed, or need to talk to a professional, Inkblot is convenient and confidential. Remember that you have access to Inkblot services – a video mental health counselling service with over hundreds of qualified therapists – through your League app.

[Learn more >](#)

3 eMindful

MINDFULNESS SESSIONS FROM EXPERTS

If you enjoy online classes and want to work on your stress and resiliency, eMindful has on-demand and live video sessions to help. League members have a free eMindful trial until July 31, giving you access to hundreds of online classes and hundreds of hours of on-demand content to support your health and well-being.

[Learn more >](#)



Support the Black Community

We've compiled a list of charities that are working hard to support the Black community if you're in a position to donate.

1 Campaign Zero

Campaign Zero is an organization focused on bringing policy changes to end police violence. Funds donated to Campaign Zero support their research and provide assistance to organizers leading campaigns for police accountability and the development of model legislation and advocacy.

[Donate Now >](#)

2 NAACP Legal Defense Fund

America's premier legal organization fighting for racial justice through litigation, advocacy, and public education. The LDF seeks structural changes to expand democracy, eliminate disparities, and achieve racial justice, and also defends the gains and protections won over the past 75 years of civil rights struggles to improve the quality and diversity of judicial and executive appointments.

[Donate Now >](#)

3 ACLU

The American Civil Liberties Union works in the courts, legislatures and communities to defend and preserve the individual rights and liberties guaranteed by the Constitution and laws of the United States to all people living there.

[Donate Now >](#)



Mental Health for the Black Community

It's critical to have access to culturally appropriate mental health support and services that recognize unique experiences, especially in the context of racial injustices. If you're a member of the Black community looking for providers who are Black, or openly inclusive, below are some options.

1 ADAA (Anxiety and Depression Association of America)

MENTAL HEALTH EXPERTS

ADAA is an organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through education, practice, and research. Their mental health experts are consistently working with people of color who suffer from mental health issues, as they understand that the community also experiences less access to care and services.

[Learn more >](#)

2 National Alliance on Mental Illness

EDUCATION & SUPPORT FOR MENTAL ILLNESS

NAMI's mission is to provide advocacy, education, support and public awareness ensuring that individuals and families affected by mental illness can build better lives. With education programs, a helpline, and community initiatives - NAMI is able to help improve the lives of hundreds of people suffering with mental illness.

[Learn more >](#)



Preventative/Primary Care for the Black Community

Racism can have long-term physiological effects. Black doctors and providers are important – there are parts of the Black experience that only a Black doctor would understand, and this collective understanding helps shape the way they care for their patients.

1 BlackDoctor.org

ACCESSIBLE BLACK DOCTORS

BDO is a platform that enables you to find a culturally sensitive doctor that caters to your needs and specific health conditions. They also are a great resource to get culturally relevant tips and strategies on health, wellness, lifestyle and longevity.

[Get Care >](#)



Family and Maternal Health

Black women frequently face challenges in accessing proper care. In the US, non-hispanic Black women have maternal deaths at rates of 40 per 100,000 whereas non-hispanic white women have maternal deaths at rates of 12.4 per 100,000. Below are organizations led by black women focused on overcoming these health obstacles.

1

Black Mamas Matter

Black Mamas Matter Alliance is a Black women-led organization that empowers women by advocating, driving research, building power, and shifting culture for Black maternal health, rights, and justice.

[Learn more >](#)

2

Black Women for Wellness

Black Women for Wellness works towards improving the health and well-being of Black women and girls through the power of health education, empowerment and advocacy.

[Learn more >](#)