

THE STEVE FUND'S RESPONSE TO THE TRAGEDY IN BUFFALO



In response to the recent violence perpetrated against the Black Community, The Steve Fund has compiled a list of resources that will help you cope with trauma. We also want to state clearly that the need to cope with constant trauma for black and brown folks is a tragedy. The Steve Fund stands in solidarity with the Black Community and we remain ready and poised to help.

RESOURCES

The Steve Fund <https://www.stevelfund.org>

Crisis Text Line, Text STEVE to 741741

National Suicide Prevention Hotline, 1 800 273-8255

SAMHSA's Disaster Distress Helpline 1-800-985-5990

SAMHSA's National Helpline 1-800-662-4357

Congressional Black Caucus, Ring the Alarm Report Resources

https://watsoncoleman.house.gov/uploadedfiles/resources_section.pdf

National Action Alliance for Suicide Prevention,

<https://theactionalliance.org/>

National Organization for People of Color Against Suicide (NOPCAS),

www.nopcas.org

Suicide Prevention Resource Center (SPRC), www.sprc.org

The Trevor Project Lifeline, thetrevorproject.org

National Child and Traumatic Stress Network Coping with Collective Traumas

[Click Here](#)

BEAM <https://beam.community/>

Hurdle <https://www.hurdle.health/>

RESOURCES

Ayana Therapy <https://www.ayanatherapy.com/>

Inclusive Therapists <https://www.inclusivetherapists.com/>

[National Queer & Trans Therapists of Color Network](#)

Racial Trauma is Real Infographic: [Racial Trauma is Real Infograph.pdf](#) and <https://www.bc.edu/content/dam/bc1/schools/lsoe/sites/isprc/racialtraumaisreal.pdf>

Coping with Racial Trauma
<https://psychology.uga.edu/coping-racial-trauma>

[The Boris L. Henson Foundation](#)

Community Healing Network: Tool Kit: Healing in the Face of Cultural Trauma <https://communityhealingnet.org/resources/>

Therapy for Black Girls <https://therapyforblackgirls.com/about/>
Therapy for Black Men
<https://therapyforblackmen.org/blog/why-therapy/>

Apps:

Liberate <https://liberatemeditation.com/>

Mira <https://miratx.app/>

Shine <https://www.theshineapp.com/>