



Resources *for* Living®

Coping with distress from current events

Distressing events can affect everyone who lives through them. Even people who experience these events only through the media can have emotional and stress reactions.

The resources below and to the right can help you through these challenging times.

This list of national resources can help those who have been affected.

Helpful resources



Webinar: Racial trauma | Transcript



Unconscious bias recorded training | Transcript | Slide deck



Dealing with differences | En español



Talking with kids about injustice



Dealing with feelings during frightening times | En español



Inner strength during challenging times | En español



Black community mental health resources



Cultural differences and mental health treatment video | Transcript

You can call us 24/7 to talk about personal or work-related issues.

We're always here for you.

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