

Below are online resources that provide support and information related to coping with racial trauma and fear due to the trial regarding the death of George Floyd. Please visit each website for additional information.

Minneapolis (MPLS) Downtown Trial Information

<https://www.mplsdowntown.com/trial>

Resources for Racial Justice and Community Healing

<https://www.mnallianceoncrime.org/resources-for-racial-justice-community-healing>

Resources in the Wake of Community Trauma and Beyond

<https://www.health.state.mn.us/communities/mentalhealth/trauma.html>

Racial Stress and Self-Care

<https://www.apa.org/res/parent-resources/racial-stress-tool-kit.pdf>

Racial Trauma

<https://www.mhanational.org/racial-trauma>

Mental Health Support

<https://mn.gov/covid19/for-minnesotans/get-help/mental-health.jsp>

National Alliance on Mental Illness (NAMI) Minnesota

<https://namimn.org>

Report Discrimination

651-539-1133

<https://mn.gov/mdhr/intake/consultationinquiryform>