Racial
Trauma and
Mental
Health:
Let's talk
about it

Meetings on Wednesdays
8:00 pm
SCC 313

about

Active Minds is a national non-profit organization with chapters in universities throughout the country. Our mission is to raise awareness about mental health and illness in the Brandeis community and destigmatize mental disorders. We discuss various issues surrounding mental health, and hold de-stress meetings where we color and have snacks!

https://www.facebook.com/
BrandeisActiveMinds
resources

Brandeis Counseling Center

Brandeis Counseling and Rape Crisis Hotline (6TALK)

Samaritans Statewide Hotline

National Suicide Prevention Lifeline

Intercultural Center (ICC)

Black Lives Matter, Boston

never trust anyone who says they do not see color. this means to them, you are invisible.

— Nayyirah Waheed