

Mental Health Resources on Race and Racial Discussions

Who can help?

Johns Hopkins University recognizes that the current events around racial justice, diversity, and civil unrest may be stressful for members of the Johns Hopkins Community, especially those with family and friends who are impacted. MySupport counselors are available to faculty, staff, and their household family members at 443-997-7000, option #2, 24/7/365 to assist with emotional support and daily life assistance.

What resources are available to me, my family, my co-workers and my team?

Racial Justice, Diversity and Mental Health Resources

[Click here](#) to receive additional information on advocacy organizations and black mental health resources.

A Difficult but Necessary Conversation

[Click here](#) to learn how to navigate sensitive discussions about race and discrimination on myStrength. To create a myStrength login, use access code JHU (for university employees) or JHHS (for health system employees).

Coping and Thriving Webinar Series

[Click here](#) to discover upcoming webinars to help you to cope and adjust to these overwhelming and difficult times. Topics include Talking to Kids about Race & Racism, Racial Justice Dialogue-Allyship & Advocacy, Navigating Working While/With Black, Cultural Differences & Mental Health Treatment, and Understanding & Overcoming Unconscious Bias.

Talking with kids about injustice

[Click here](#) for a guide on how to talk to young children about injustices that they may already be aware of. This document will help with talking to kids about injustice and offers suggestions on responding to injustice.

Civil Unrest Resources

[Click here](#) for response resources for civil unrest. These resources include hotlines to help those in need of crisis counseling, crisis response for parents, and resources specific to Major Metropolitan Cities such as Baltimore, Washington, D.C., Chicago, St. Louis, New York City, Boston, Philadelphia, Los Angeles, and Atlanta.

Additional Racial Discussion Resources

[Click here](#) for additional resources provided by the Office of Diversity, Inclusion and Health Equity. These resources include support resources for black individuals and communities such as Black Mental Health Alliance, Open Path Psychotherapy Collective, and Racial Trauma is Real information.

Tips for Managers in the Workplace

[Click here](#) for information on the three common missteps for managers to avoid and three ways for managers to take meaningful action.

Coping with civil unrest resources for managers:

- [Click here](#) for an employee toolkit with information on coping with distress from current events.
- [Click here](#) for information on supporting your staff after distressing world events.

- [Click here](#) for information on how to prevent burnout and fatigue for managers.
- [Click here](#) for information on how to identify and support employees in difficult situations.

How can I get emotional support for myself or a family member immediately?

To receive emotional support in the moment, call 443-997-7000, press option #2. You will be connected to a clinician in the moment, who will provide free, confidential, emotional support, and can help you to identify resources and next steps.

What if I am a manager concerned about a member of my team or my whole team related to race and emotional well-being?

[Click here](#) for more information on consulting with a mySupport onsite clinician, referring employees to mySupport directly, making a referral, informal referrals, and crisis response services.