



**URGE UCR Grad Pod #1**  
**Deliverable 7: Racism and Self-care**  
**Developing a resource map**

A resource map outlines existing resources that organizations, communities and the broader scientific community have to support people of color. The resource map should list resources you have at your organization and locally. Resources out of the community can be included as well.

**Organizational resources (Eg. Diversity officer, counselling and psychological services, ombudsperson, affinity groups, recurring events)**

- <https://counseling.ucr.edu/>
  - o In crises: for emergency assistance to students:
    - Having suicidal thoughts by providing emergency hotlines and counselling and psychological services (remote due to COVID-19)
    - Mental health crises: walk in virtual hours
    - Sexual assault/intimate partner violence and stalking: provide 24hr hotlines , lists of confidential resources on campus and links to make appointment with CARE advocates <https://care.ucr.edu/> . care advocates provide assistance such as changes in living arrangements, work situations, safety planning and reporting methods without formally reporting an act of sexual violence
  - o Psychotherapy and psychiatric services
    - Ongoing counselling is available and medical treatment by a psychiatrist at the UCR health center
  - o Therapy assistance online (TAO):
    - TAO Connect, Inc. is committed to reducing mental health disparities by bringing affordable, effective, and accessible treatment to people who have had limited access in the past.
  - o There are a number of mental health training student <https://counseling.ucr.edu/mental-health-workshopstrainings> and well being educational workshops and resources <https://well.ucr.edu/>
    - suicide awareness training
    - recognising and responding to distressed students
    - provide COVID wellness kits
    - peer to peer counselling and coaching
- UCR Ombudsperson
  - o <https://help.ucr.edu/office-ombuds>

- UCR provides a confidential and impartial resource that assist faculty, students and staff that have a UCR-related concern
- <https://basicneeds.ucr.edu/>
  - **UCR Office of Diversity, Equity, and Inclusion Resource Pages**
    - CNAS: Dr. Marilyn Fogel is our **Equity Advisor** ([marilyn.fogel@ucr.edu](mailto:marilyn.fogel@ucr.edu))
    - Mariam Lam is Vice Chancellor
    - Link to Student/Professional Organizations committed to DEI:
      - Professional: <https://diversity.ucr.edu/professional-organizations>  
(could also suggest to the office that we add more here, especially earth/envsci-specific ones?)
      - Student-focused: <https://diversity.ucr.edu/student-resources>
    - Links to teaching/training resources for inclusivity:
      - Learning Resources: <https://diversity.ucr.edu/learning-resources>
      - Training/Reporting Resources: <https://diversity.ucr.edu/training-resources>
      - UC Policies/Guidelines related to discrimination: <https://diversity.ucr.edu/policies-and-guidelines>
      - Complaint/Report Resolution and Resources: [https://diversity.ucr.edu/complaint-resolution#care\\_campus\\_advocacy\\_resources\\_education](https://diversity.ucr.edu/complaint-resolution#care_campus_advocacy_resources_education)

**Local resources (eg. Meet-up/social/hobby groups, religious or spiritual communities, business such as barbershops)**

- UCR provides local inpatient and outpatient referrals to mental health clinics, rehabilitation programmes and mental health urgent care ([https://counseling.ucr.edu/resources-support-specialty-care-self-help-and-making-connections#local\\_inpatientoutpatient\\_urgent\\_and\\_community\\_referrals](https://counseling.ucr.edu/resources-support-specialty-care-self-help-and-making-connections#local_inpatientoutpatient_urgent_and_community_referrals) )
- Provide social security services include child abuse hotline and adult safety hotlines [https://counseling.ucr.edu/resources-support-specialty-care-self-help-and-making-connections#riverside\\_county\\_department\\_of\\_public\\_social\\_services](https://counseling.ucr.edu/resources-support-specialty-care-self-help-and-making-connections#riverside_county_department_of_public_social_services)
- 
- Riverside County Black Chamber of Commerce - their mission is to empower and inspire minority entrepreneurs (<https://riversidecountybcc.org/>) and have a membership directory (<https://riversidecountybcc.org/member-directory/>)

**Student organizations\_ Ethnic and gender programmes**

- Chicano students programe: <https://csp.ucr.edu/who-we-are/our-staff>
  - provides a constructive environment for Chicano/latino students
- African students programe: <https://asp.ucr.edu/>
  - Academic, cultural and social development of students of African descent
- Asian Pacific student programe <https://apsp.ucr.edu/>

- provides a diverse learning environment for the UCR community to learn about the asian and pacific isalnder community
- LGBT resource center: <https://out.ucr.edu/>
  - support, education and advocacy regarding sexual orientation and gender identity.
- Middle Eastern Student Center : <https://mesc.ucr.edu/>
  - interllectual exchange and encourages the study of middle eastern culture.
- Native American Student Program: <https://nasp.ucr.edu/>
  - Provides educational, cultural and social support for native American students
- Foster Youth Support Services : <https://fosteryouth.ucr.edu/>
  - provides a network of resources for students transitioning out of the foster care system, into adulthood.
- Student disability resource center: <https://sdrucr.edu/>
  - ensure students have equal access to university life.
- undocumented students programe: <https://usp.ucr.edu/>
  - supports students for equal opputunity regardless of immigration status or cultural background.
- veterans resource center: <https://veterans.ucr.edu/community>
  - designed to meet the unique academic and personal needs of student veterans
- Women's resource center: <https://wrc.ucr.edu/>
  - provides safety programs, sexual assault and domestic violence support, student leadership opportunities and special events connected to women's and gender issues