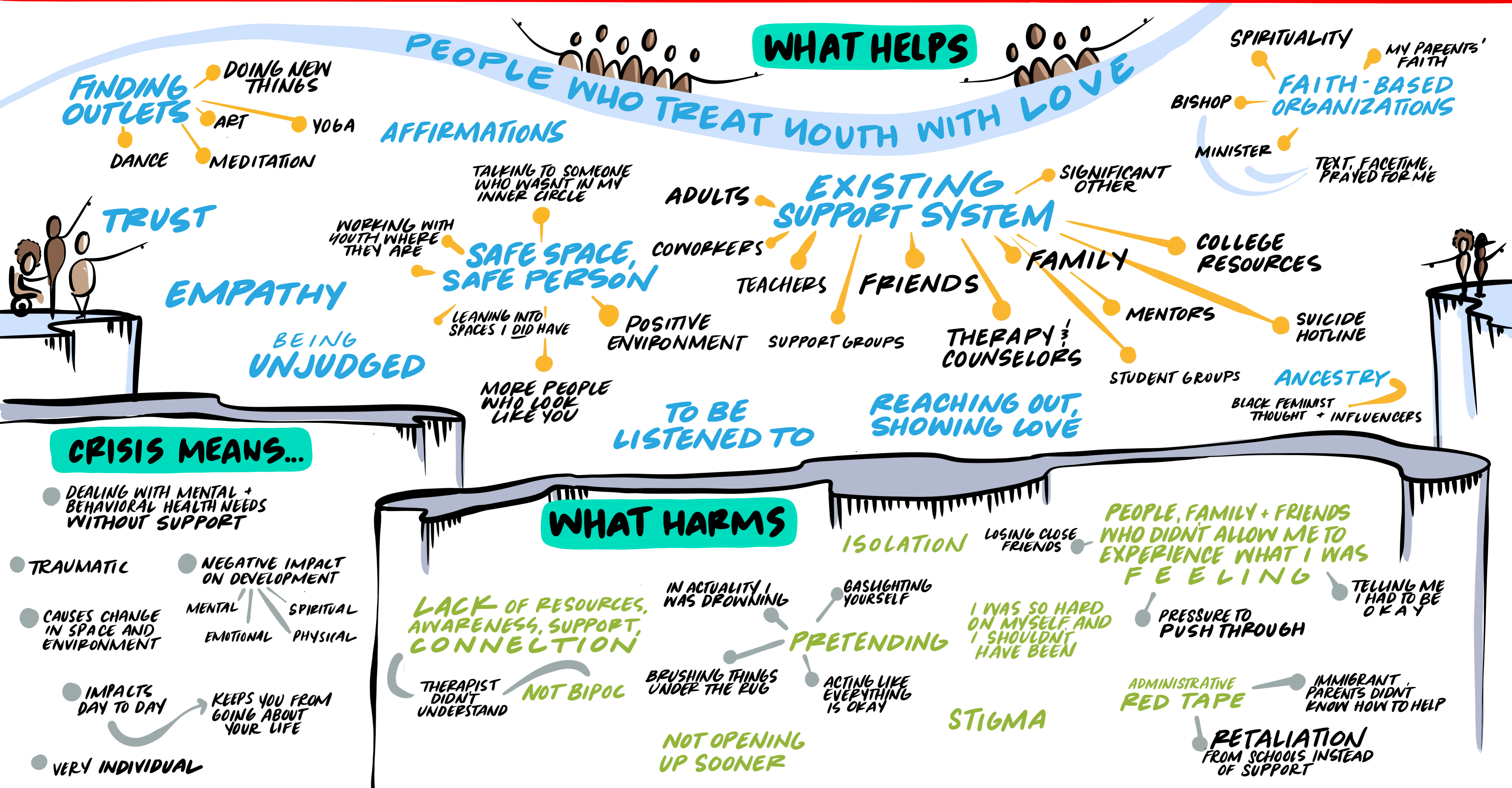


# LISTENING SESSIONS ON SCHOOL CRISIS AND RECOVERY



## FINDING OUTLETS

- DOING NEW THINGS
- ART
- YOGA
- DANCE
- MEDITATION

## AFFIRMATIONS

TALKING TO SOMEONE WHO WASN'T IN MY INNER CIRCLE

WORKING WITH YOUTH WHERE THEY ARE

## SAFE SPACE, SAFE PERSON

LEARNING INTO SPACES I DID HAVE

POSITIVE ENVIRONMENT

MORE PEOPLE WHO LOOK LIKE YOU

## ADULTS

COWORKERS

TEACHERS

SUPPORT GROUPS

## TO BE LISTENED TO

## EXISTING SUPPORT SYSTEM

SIGNIFICANT OTHER

FRIENDS

FAMILY

THERAPY & COUNSELORS

MENTORS

STUDENT GROUPS

COLLEGE RESOURCES

SUICIDE HOTLINE

## REACHING OUT, SHOWING LOVE

## ANCESTRY

BLACK FEMINIST THOUGHT + INFLUENCERS

## SPIRITUALITY

MY PARENTS' FAITH

## FAITH-BASED ORGANIZATIONS

BISHOP

MINISTER

TEXT, FACETIME, PRAYED FOR ME

## CRISIS MEANS...

- DEALING WITH MENTAL + BEHAVIORAL HEALTH NEEDS WITHOUT SUPPORT
- TRAUMATIC
- CAUSES CHANGE IN SPACE AND ENVIRONMENT
- IMPACTS DAY TO DAY
- VERY INDIVIDUAL
- NEGATIVE IMPACT ON DEVELOPMENT
  - MENTAL
  - EMOTIONAL
  - SPIRITUAL
  - PHYSICAL
- KEEPS YOU FROM GOING ABOUT YOUR LIFE

## WHAT HARMS

LACK OF RESOURCES, AWARENESS, SUPPORT, CONNECTION

THERAPIST DIDN'T UNDERSTAND

NOT BIPOC

BRUSHING THINGS UNDER THE RUG

NOT OPENING UP SOONER

## ISOLATION

LOSING CLOSE FRIENDS

GASLIGHTING YOURSELF

## PRETENDING

ACTING LIKE EVERYTHING IS OKAY

I WAS SO HARD ON MYSELF AND I SHOULDN'T HAVE BEEN

## STIGMA

PEOPLE, FAMILY + FRIENDS WHO DIDN'T ALLOW ME TO EXPERIENCE WHAT I WAS FEELING

PRESSURE TO PUSH THROUGH

ADMINISTRATIVE RED TAPE

RETALIATION FROM SCHOOLS INSTEAD OF SUPPORT

TELLING ME I HAD TO BE OKAY

IMMIGRANT PARENTS DIDN'T KNOW HOW TO HELP