Black Lives Matter Resource Pack

We are deeply saddened and angry about the death of George Floyd and all who have suffered because of police brutality and violence in America. Racial injustice and police violence is not an issue that is specific to America, although it has its own specific contexts and we extend our solidarity. The UK has its own history of police brutality and violence which must also be addressed. As Guild Officers, we recognise our responsibility to the Black Lives Matter movement, and our duty to support Black students. We are also aware that as an entirely non-black team, we must work on our allyship and support non-black students to become better allies also. We take our responsibility to the student body very seriously, especially to those who face inequality. However, we fully accept that we need to do better, and we need to do more.

For those feeling affected by what is happening around us, we have put together this resource pack which includes tips and places you can go to. We are here for you and if you do need to talk, get in touch and we will listen.

Wellbeing

Take a break when you need it

Many people are sharing information and graphic footage to raise awareness of the Black Lives Matter movement, but it can be tiring and overwhelming to see, hear, and read constant news about racism and racial harassment. If you’re feeling overwhelmed, take some time for yourself. Consider a short break from news outlets and social media, to allow yourself to process emotions if you are feeling them, and understand that it’s ok not to always feel ok. Space and time can help and taking time for yourself can help you feel refreshed.

Talk

Talk to someone you trust. Talk to a stranger. Talk to a counsellor. Talking in itself can be a really useful tool in getting out feelings and creating a dialogue. You may also find you are able to share experiences with someone who is facing similar feelings.

Do something you enjoy

Write in a journal, paint, listen to music - it’s important you do things that are for you and that make you happy. Take some time to engage with art, writing, and inspirational work by Black creatives, or cook your favourite comfort food. Celebrating your cultural identity can be restorative and help you re-focus. When things are tough its ok to take time to escape from reality and become engrossed in something you love.

Look after yourself

Taking part in some gentle exercise and eating well can help your mind and body. It doesn’t have to be a long run or salad for lunch everyday, but a walk in nature or YouTube exercise routine can really have an impact on how you feel.

Ignore requests on your time

It’s ok to put yourself first – you shouldn’t feel pressure to have to educate others. Set boundaries and keep to them.
**Reporting issues**

**Report hate crime to us**
We believe all forms of harassment are completely unacceptable and take incidents of hate crime very seriously. We are a third party hate crime reporting centre and offer a safe space to report hate crimes. A hate crime is an incident which the victim or witness believe was motivated by hostility or prejudice based on Race, Ethnicity, Disability, Sexuality, Gender or Religion.

You can report a hate crime by emailing guildadvice@liverpool.ac.uk. Reports can be made on behalf of victims, with victims, and useful advice and support will be provided. Our service is free, confidential and independent from the University, and reporting can also be done anonymously.

**Report an issue to the university**
If you have been a target of harassment or unacceptable behaviour, you can report it to the University. The University takes cases of harassment seriously and will investigate any complaint it receives. To report an incident, you will need to submit a complaint to the University detailing your experience and including any evidence you have. Our advice team can also support you with this, so please contact guildadvice@liverpool.ac.uk for further help.

**Places to go to for support**

**Counselling and Therapy Services**
- [Frontline Therapist](#)
- [Black, African, and Asian Therapy Network](#) - both connect BAME individuals with BAME therapists, counsellors, and psychologists for affordable therapy.
- [https://docs.google.com/document/d/1qN44oUuDdLiLXtLpXt0mLJ4Z9DHW5VXNw-bktbdWFnE/edit](https://docs.google.com/document/d/1qN44oUuDdLiLXtLpXt0mLJ4Z9DHW5VXNw-bktbdWFnE/edit) - UK Black therapists & mental health organisations:

**Charities**
- [Celutions UK](#): social enterprise that is dedicated to creating solutions to the problems surrounding mental health.
- [BLAM UK](#) - Black Learning Achievement and Mental Health. Services are based in London, but also has excellent online resources on black history.
- [Inside Out Wellbeing](#) - not-for-profit social enterprise committed to helping people improve their mental health and wellbeing.
- [Black Minds Matter](#) - service connecting black people with black therapists. The cost of these sessions are covered by the service, so they also accept donations.
- [Milk & Honey](#) - healing, empowerment, and resilience for young women and girls.

**Where can I go if I want to help**
Black owned businesses in Liverpool: [https://independent-liverpool.co.uk/blog/a-list-of-black-owned-independents-causes-charities-and-platforms-you-should-support-in-liverpool](https://independent-liverpool.co.uk/blog/a-list-of-black-owned-independents-causes-charities-and-platforms-you-should-support-in-liverpool/)