



## **SBBCLE- SUPPORT CIRCLE AUGUST 2020 RESOURCES**

### **If this is an emergency**

Importantly, the SBBCLE-SC is not meant to replace professional mental and emotional health services. We encourage you to get immediate help in a crisis:

- Call 911
- Disaster Distress Helpline: 1-800-985-5990 (press 2 for Spanish), or text TalkWithUs for English or Hablanos for Spanish to 66746. Spanish speakers from Puerto Rico can text Hablanos to 1-787-339-2663.
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish, or Lifeline Crisis Chat.
- National Domestic Violence Hotline: 1-800-799-7233 or text LOVEIS to 22522
- National Child Abuse Hotline: 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453
- National Sexual Assault Hotline: 1-800-656-HOPE (4673) or Online Chat
- The Eldercare Locator: 1-800-677-1116 TTY Instructions
- Veteran's Crisis Line: 1-800-273-TALK (8255) or Crisis Chat or text: 8388255

### **Resources at Purdue**

- See Provost's June 2020 web letter for some University resources available to help with the questions and feelings and possible actions to take. [Resources are highlighted here.](#)
- [ACE Women's Network of Indiana and SBCBLE 'Townhall' Series – Higher Education and COVID-19](#)
- [CAPS Addressing Systematic Racism and Injustice Resources](#)
- [Coaching and Resource Network, SBBCLE](#)
- [Innovative Teaching & Learning](#)
- [LGTBQ Wellness Resources](#)
- [Procedures for Resolving Complaints of Discrimination and Harassment:](#)
- [Protect Purdue Plan](#)
- [Protect Purdue Health Center](#)
- [Purdue Co-Rec Wellness](#)
- [Purdue University Asian American and Asian Resource and Cultural Center Teach-In Resources to Help Address Anti-Asian Racism, Bias, and Violence\( Particularly during the COVID-19 pandemic\)](#)
- [Reporting Hate and Bias](#)
- [Safe Zone and Trans Inclusion Training](#)
- [SBBCLE-Fall 2020 Program](#)
- [Title IX](#)
- [Working Paper series Special Issues](#) – Higher Education and COVID-19 to be out in fall 2020
- Workshop: How Can Professors Practice Resilience with Vulnerability in the Academic Context? [See here for details and to register.](#)

### Resources Outside Purdue

- Five-Minute Coronavirus Stress Resets  
How to get unstuck from your anxiety.  
By Jenny Taitz • Illustrations by Rozalina Burkova  
[https://www.nytimes.com/2020/08/06/well/mind/five-minute-coronavirus-stress-resets.html?surface=home-livingvi&fallback=false&req\\_id=618209672&algo=identity&imp\\_id=65870569&action=click&module=Smarter%20Living&pgtype=Homepage](https://www.nytimes.com/2020/08/06/well/mind/five-minute-coronavirus-stress-resets.html?surface=home-livingvi&fallback=false&req_id=618209672&algo=identity&imp_id=65870569&action=click&module=Smarter%20Living&pgtype=Homepage)
- National Center for Faculty Development and Diversity  
[https://www.facultydiversity.org/?\\_ga=2.44779876.1929102676.1597066403-1482925939.1585847498](https://www.facultydiversity.org/?_ga=2.44779876.1929102676.1597066403-1482925939.1585847498)