

SIGMA KAPPA

RACIAL EQUITY - RESOURCES AND SUPPORT

Mental Health & Self Care

Talkspace

- [Talkspace & Sigma Kappa](#)
 - Because we are dedicated to the wellness of our members, Sigma Kappa has partnered with Talkspace to provide personal, convenient and confidential online counseling.
- [Free Therapist Led Support Group for Those Affected by Racial Trauma](#)
- [Black Lives Matter: Mental Health Resources For and By People of Color](#)

For BIPOC Members

- [PopSugar.com – 29 Wellness Platforms Created by Black Members](#)
- [BlackGirlsBreathing.com](#)
- [DearBlackWomenProject.com](#)
- [AsianMHC.org - Asian Mental Health Collective](#)

Take Action and Stay Informed

- [NAACP.org – Youth and College](#)
- [ACLU.org – American Civil Liberties Union](#)
- [StopAAPIHate.org – Stop AAPI Hate](#)
- [Anti-AsianViolenceResources.carrd.co – Anti Asian Violence Resources](#)

Allyship and Education

- [RacialEquityResourceGuide.org – Racial Equity Resource Guide](#)
- [Medium.com – What White People Can Do for Racial Injustice](#)
- [RacialEqualityTools.com – Guidelines for Being Strong White Allies](#)
- [Elle.com – The Anti-Racist Reading List](#)

- [BuzzfeedNews.com – An Essential Reading Guide for Fighting Racism](#)

Parenting

- [PrettyGoodDesign.org – A Guide for Talking About Race at all Ages](#)
- [The Truth Telling Project](#)
- [GoodReads.com – Social Justice for Kids](#)

Sigma Kappa Affinity Groups

Stay connected with one another. The groups below can be a great source of joy and comradery.

- [Black Members of Sigma Kappa](#)
 - This is a space for members of Sigma Kappa who are Black. This group will serve as a space to build community, support for each other, friendship, and share our lived experiences.
- [Jewish Members of Sigma Kappa](#)
 - This group is for all Jewish members of Sigma Kappa. However you connect with Judaism, you are welcome here.
- [Sigma Kappas with Disabilities](#)
 - This group is for Sigma Kappas - both collegians and alumnae -- with visible and invisible disabilities & issues (e.g., chronic pain, mental illness, neurodiversity, chronic illness, etc.) to share resources, experiences, and support.
- [Lavender Sigma Kappas](#)
 - This is a community for all collegian and alumnae Sigma Kappa sisters that identify as LGBTQIA+
- [Sigma Kappa's in Healthcare](#)
 - A place for sisters of SK across the U.S. involved in healthcare to share experiences, career opportunities, and general medical interests.
- [Click here for a full list of Sigma Kappa affinity groups!](#)