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

- 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
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!**