

## RESOURCES AND SUPPORT

### What to Do Next

- **Take a second to process.** Sometimes our immediate response is to act. Action without reflection can unintentionally harm others. Take time to consider what is happening in the world. Take time to sit with the pain, the anger, the frustration. Reflect on what is happening and grieve. Determine a healthy way to explore your emotions, and know what resources are available to you (such as those listed below). Find your community to unpack what's happening with the world.
- **Do your own work.** Often, people ask what they can do to help. While this is a good-faith effort to empathize and offer support to minoritized groups, it can also place the burden on them to do the work for you. **It is your responsibility.** Take this moment to engage in different literatures: Use the resources provided as a place to start. Commit to discovering answers on your own first. Then connect with various groups to create a plan and take action.
- **Recommit.** This is necessary. Until we can all feel safe, respected and valued, we *all* have more work to do.

### Educational Resources

- Ask to subscribe to the Office of Diversity & Inclusion email list at [diversityandinclusion@elmhurst.edu](mailto:diversityandinclusion@elmhurst.edu)
- The Legacy of Dr. King: <https://www.adl.org/blog/beyond-the-dream-teaching-king-in-context>
- Understanding Mass Incarceration: <https://newjimcrow.com/about>
- Implicit Bias: <https://www.edutopia.org/blog/keys-to-challenging-implicit-bias-shane-safir>
- Confronting Our Own Bias:
  - “White Fragility” by Robin DiAngelo: <https://www.newyorker.com/books/page-turner/a-sociologist-examines-the-white-fragility-that-prevents-white-americans-from-confronting-racism>
  - “How to Be an Anti-Racist” by Ibram X. Kendi: <https://www.theguardian.com/books/2019/oct/11/how-to-be-an-antiracist-by-ibram-x-kendi-review>
- Films and documentaries on racism and oppression, such as: *13th*, *When They See Us*, *The Hard Stop*, *Fruitvale Station*

### Student Counseling & Support Services

- Office of Student Affairs: Frick Center 240, (630) 617-3187
- Office of Diversity and Inclusion: [diversityandinclusion@elmhurst.edu](mailto:diversityandinclusion@elmhurst.edu).
- Office of Housing and Residence Life: West Hall South Entrance, (630) 617-3150
- Counseling Services: Niebuhr Hall Lower Level, (630) 617-3565
- Office of Campus Security: Lehmann Hall Lower Level, (630) 617-3000
- Office of the Chaplain: Niebuhr Hall Lower Level, (630) 617-3025