

Continuing The Conversation: Addressing the Intersectionality between Historical Trauma and Mental Health in the Black Community

Virtual Program

Wednesday, February 29, 2024
6:30pm to 8:00pm



RESOURCES

Table of Contents

Division on Civil Rights Overview.....	2
Contact Information.....	2
NJ Office of the Attorney General, DCR Resource Links.....	3
• The Law Against Discrimination.....	3
• How to File a Complaint with DCR.....	3
• The New Jersey Family Leave Act.....	3
• Diane B. Allen Equal Pay Act.....	3
• Race Discrimination in Employment.....	3
• Sexual Harassment in Employment.....	3
• Accommodations for Pregnancy & Breastfeeding.....	3
• Gender Discrimination.....	3
• Age Discrimination.....	3
• Discrimination or Harassment in Employment Based on Gender Identity or Expression.....	3
• Intersex Discrimination in Employment.....	3
• Religious Discrimination.....	3
• Hair Discrimination Guidance Document.....	3
• Addressing Bias on Campus.....	3
• DCR Upcoming Trainings: DCR's Education and Training Unit.....	3
Mental Health Resource Links.....	3
Mental Health and Wellness Podcasts.....	3
Community-Based Healing.....	3
Mental Health and Wellness Resources.....	3
Mental Health Professional and Community Associations.....	3

Division on Civil Rights Overview

The New Jersey Division on Civil Rights (DCR) is the state agency charged with enforcing New Jersey's civil rights laws, including the [New Jersey Law Against Discrimination \(LAD\)](#), the [New Jersey Family Leave Act \(NJFLA\)](#), and the [Fair Chance in Housing Act \(FCHA\)](#). The mission of DCR is to protect the people of New Jersey from discrimination and bias-based harassment in employment, housing, and public accommodations. DCR publishes [fact sheets](#) in 14 different languages that provide an overview of your rights and the issues DCR can help you with. If you believe your civil rights have been violated within the last 180 days, please visit DCR's online complaint portal and submit an intake form at the following link: [New Jersey Bias Investigation Access System \(NJBIAS\)](#). For a complete overview of the resources and trainings DCR offers, please visit njcivilrights.gov.

Contact Information

In order to file a complaint with DCR, you must first submit an intake form. You can submit the intake form:

- Online by creating an account and using the [NJ Bias Investigation Access System \(NJBIAS\)](#) By calling 1. 833.NJDCR4U and asking a DCR receptionist to assist you in filling out the form on the [NJ Bias Investigation Access System \(NJBIAS\)](#)
- NJBIAS is available in English and Spanish. DCR also offers translation services for people with limited English proficiency who speak other languages. Call 1. 833.NJDCR4U (833-653-2748) or email at NJDCR4U@njcivilrights.gov to request assistance with NJBIAS in a language other than English or Spanish.
- To request a disability-related accommodation, please call 1. 833.NJDCR4U (833-653-2748) (voice), call the Relay Service at 711, or email NJDCR4U@njcivilrights.gov.

NJ Office of the Attorney General, DCR Resource Links

- [The Law Against Discrimination](#)
- [How to File a Complaint with DCR](#)
- [The New Jersey Family Leave Act](#)
- [Diane B. Allen Equal Pay Act](#)
- [Race Discrimination in Employment](#)
- [Sexual Harassment in Employment](#)
- [Accommodations for Pregnancy & Breastfeeding](#)
- [Gender Discrimination](#)
- [Age Discrimination](#)
- [Discrimination or Harassment in Employment Based on Gender Identity or Expression](#)
- [Intersex Discrimination in Employment](#)
- [Religious Discrimination](#)
- [Hair Discrimination Guidance Document](#)
- [Addressing Bias on Campus](#)
- DCR Upcoming Trainings: [DCR's Education and Training Unit](#)

Mental Health Resource Links

Mental Health and Wellness Podcasts

- [Between Sessions Podcast](#)
- [Black Mental Matters Podcast](#)
- [The Breakdown with Dr. Earl](#)
- [The Homecoming Podcast with Dr. Thema](#)
- [Therapy for Black Girls: The Podcast](#)
- [Wellness in Color Podcast](#)

Community-Based Healing

- [Association of Black Psychologists – Sawubona Healing Circles](#)
- [Community Healing Network – Emancipation Circles](#)
- [Community Healing Network – Rapid Response Ubuntu Healing Circles](#)

Mental Health and Wellness Resources

- [AAKOMA \(African American Knowledge Optimized for Mindfully Healthy Adolescents\)](#)
- [Black Emotional and Mental Health Collective \(BEAM\)](#)
- [Black Girls Smile](#)
- [Black Mental Health Alliance](#)
- [Black Mental Wellness](#)
- [Black Zen](#)
- [Boris Lawrence Henson Foundation](#)
- [Melanin and Mental Health](#)
- [Mindfulness Resources for People of Color](#)
- [Our Mental Health Minute](#)
- [Psychology Today Blog – Healing through Social Justice – The Psychology of Radical Healing Collective](#)
- [Safe Black Space](#)
- [Sista Afya](#)

Mental Health Professional and Community Associations

- [Active Minds](#)
- [American Counseling Association](#)
- [American Psychological Association](#)
- [Association of Black Psychologists](#)
- [Child Mind Institute](#)
- [Counselors for Social Justice](#)
- [Mental Health America](#)
- [National Alliance on Mental Illness](#)
- [National Association of Social Workers](#)
- [National Latinx Psychological Association](#)

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