CARE RESOURCES



The Playgrounds Core Team recognizes that play can be a wound & a risk & that some sessions could bring up difficult feelings. While we are not mental health professionals, we offer this list of care resources should you experience something challenging in this space. If you would like to share further, please fill out this care form.

- **Abolition and Disability Resource List** by Abolition and Disability Justice
- **A Call For Change Helpline**: confidential intimate partner abuse prevention helpline
- **Alternatives to Self-Harm**: a list of alternative ways to cope by Project LETS
- **Anxiety is Watching Me**: a platform and resource hub presented by Doechii
- **Bad Bitches Have Bad Days Too**: a creative resource hub by Megan Thee Stallion
- **Care Package** by Transgender Law Center
- **Care on Our Terms**: crisis support zine by Trans Lifeline
- **GriefKit**: crowdsourced tools and considerations by Get Some Joy
- **Keeper of Sacredness Care Plan** by Chloé Greene of Sowing Love
- **Making the New Fire Care Plan** by Chloé Greene of Sowing Love
- **Mental Health Resources for People of Color**: compilation of resources
- **Native & Indigenous Mental Health Resources** by Affirming Pathways
- **Sacred Conversations**: a prayercrafting program by ImaginationDoulas (use code PLAYGROUNDS for complementary access!)
- **Self-Care and Mental Health Resources in India**
- **Turning Towards Each Other:** conflict workbook by Jovida Ross & Weyam Ghadbian
- **Tender Plan**: a self-care plan by Austen Smith and Chloé Greene
- **Tending to the Roots Care Plan** by Chloé Greene of Sowing Love
- **Wellness Toolkit** by Black Emotional and Mental Health Collective (BEAM)