



RESOURCE LIST

The Supermajority Book Club is meant to be a powerful space to read, learn, and grow together as a community and work to deepen our commitment to the Majority Rules. Issues, topics, and themes that intersect with oppression, violence, and trauma will arise in some of the featured books and discussions as we address the world as it is and move towards the world as it should be. We encourage individuals to research each book to determine if and when to read, as well as go at their own pace and take the steps they need to practice self-care and prioritize their own mental health and wellbeing.

The following are selected resources to have on hand. Notice an error or want to see a resource added? Message info@supermajority.com.

Crisis Lines/ Hotlines

National Suicide Prevention Crisis Line

- 1-800-273-8255
- <https://suicidepreventionlifeline.org>

Crisis Text Line

- Text HELLO to 741741
- <https://www.crisistextline.org>

Hopeline Text Line

- Text HOPELINE to 741741
- <https://centerforsuicideawareness.org/hopeline>

Substance Abuse and Mental Health Services Administration Helpline

- 1-800-666-4357
- <https://www.samhsa.gov/find-help/national-helpline>

People of Color Crisis Text line - For students of color

- Text STEVE to 741741

- <https://www.stevfund.org>

BlackLine - prioritizes BIPOC (Black, Indigenous and People of Color)

- Limited hours: 1-800-604-5841
- <https://www.callblackline.com>

Sexual Assault, Domestic Violence, and Intimate Partner Violence

RAINN National Sexual Assault Crisis Hotline and Safe Horizons

- 1-800-4673
- Live chat available online
- <https://www.rainn.org> and <http://www.safehorizon.org>

National Domestic Violence Hotline

- 1-800-799-72331
- <http://www.ndvh.org>

Supermajority

StongHearts Native Helpline

- Text or call 1-844-762-8483
- Live chat available online
- <https://strongheartshelpline.org>

National Sexual Violence Resource Center

- Director of organizations by state:
<https://www.nsvrc.org/organizations>

LGBTQIA+

The Trevor Lifeline

- 1-866-488-7386
- Text START to 678-678
- Live chat also available online
- <http://www.thetrevorproject.org>

Trans Lifeline

- 1-877-565-8860
- <https://translifeline.org>

Anti-Violence Project

- 1-212-714-1141
- <https://avp.org>

Check out the Community Healing Network's [Healing in the Face of Cultural Trauma](#) [Toolkit](#)

Mental Health Provider Directories

General Mental Health Provider Director:

- Psychology Today
<https://www.psychologytoday.com>

BIPOC communities:

- Asian Mental Health Collective
<https://beta.asianmhc.org>
- Asians for Mental Health
<https://asiansformentalhealth.com>
- Black Female Therapists
<https://www.blackfemaletherapists.com/directory>
- Black Mental Health Alliance
<https://blackmentalhealth.com>
- Black Virtual Wellness Directory
<https://wellness.beam.community>
- Inclusive Therapists
<https://www.inclusivetherapists.com>
- LGBTQ Psychotherapists of Color
<https://www.lgbtqpsychotherapistsofcolor.com>
- Latinx Therapists Action Network
<https://latinxtherapistsactionnetwork.org/directory>
- Latinx Therapy
<https://latinxtherapy.com>
- National Queer and Trans Therapists of Color Network
<https://nqtcn.com/en>
- Therapy in Color
<https://www.therapyincolor.org>

Supermajority Book Club

<https://supermajority.com/majorityreaders>