



We Help People **Be Better** at Work



## Message from First Sun EAP

**First Sun EAP stands with our staff, our community and our nation in a call for immediate changes to ensure racial justice and equality. Our values embrace all races, genders, religions and sexual orientations. Our supportive services are available to all who may be struggling during these troubled times. We are here for you, your employees, and all of your families.**

**We are here for you, 24/7/365! For everyone from an employee, a family member, a leader, an HR professional, to a business owner. First Sun EAP is working to help everyone navigate the challenges of racism and social injustice. Please read and share the resources below to help you or someone you know. And as always, call 800-968-8143 to speak to a representative for further assistance.**

**Looking for a specific topic and don't see it here? [Email](#) us and we'll help you find it.**

**Phone: 800-968-8143**

**Website: [www.firstsunep.com](http://www.firstsunep.com)**

**Email: [intake@firstsunep.com](mailto:intake@firstsunep.com)**





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## Self-Care for Black People:

[How Black Americans can practice self-care during these trying times. And how everyone else can help them](#) by Elizabeth Wellington | *The Philadelphia Inquirer* (June 4, 2020)

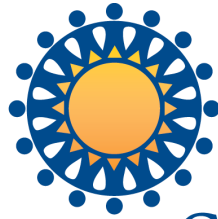
[Self-Care Tips for Black People Who Are Struggling with this Very Painful Week](#) by Rachel Miller | *Vice.com* (May 28, 2020)

[11 Black People Share Big and Small Ways They're Caring for Themselves](#) by Tonya Russell | *SELF* (June 5, 2020)

[Talking About Race: Self-Care](#) | *National Museum of African American History & Culture/Smithsonian*

[13 Black Women in Wellness Share what Wellness & Self-Care Means to them](#) by Leah Thomas | *The Good Trade*





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## Resources for All Employees

[Family-Care, Community-Care and Self-Care Tool Kit: Healing in the Face of Cultural Trauma](#)  
*provided by Community Healing Network*

[Talking to Children about Racism: The Time is Now](#) by *Nia Heard-Garris*

[Helping Children and Adolescents Cope with Disasters and Other Traumatic Events: What Parents, Rescue Workers, and the Community Can Do](#) *provided by National Institute of Mental Health*

[Black/African American](#) *provided by National Alliance on Mental Illness*

[Emotionally Restorative Self Care: People of Color - Black People - African Americans](#) *(Video)*





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## Resources for Families

[Additional resources for families](#) *provided by UNC Daycare*

[“Talking About Race”](#) *National Museum of African American History & Culture*

[Race Matters: What Can I Do Infographic](#) *by Korn Ferry*

[InCultureParent.com](#) *(Website)*

[Keep It Real-Diverse2](#) *(games/cards to be used as tools for difficult conversations)*

[How Did We Get Here?](#) *by Gillian B. White | The Atlantic (June 16, 2020)*

[What Black Scientists Want From Colleagues and their Institutions](#) *by Virginia Gewin | Nature (June 22, 2020)*

[Be The Healing \(Dr. Joy DeGruy\)](#) *(Website)*

[Bryan Stevenson: Bear Witness, Take Action](#) *(Video)*





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## Page of Resources for White People to Self-Educate about Anti-Racism:

[Anti-racism Resources for White People](#) *(includes books, podcasts, articles, videos, films, organizations to follow and more)*





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## Resources for Leaders:

[An Employers Guide to Demonstrating Equity and Inclusion: Six Ways to Put Words into Action](#) *provided by SHRM June 15,2020*

[How Organizations Can Support the Mental Health of Black Employees](#) *by Angela Neal-Barnett | June 10, 2020*

[How to Manage When Things Are Not Okay \(And Haven't Been For Centuries\)](#) *provided by The Management Center*

[Diversity Training Isn't Enough: Racism, Trauma and Justice w/Dr. Joy Degruy](#) *by Dr. Joy A. DeGruy | June 2, 2020 (Video)*

[Race Matters: Eradicating Racism in the Corporate World: A webinar series](#) *by Korn Ferry*

