



Key Resources for Supporting Advocates with Lived Experience

BEAM (Black Emotional and Mental Health Collective)

- BEAM works to remove the barriers that Black people face in accessing mental health care by providing culturally grounded training, peer support models, community education, and leadership development.

<https://beam.community>

The Network/La Red – Survivor-Centered Tools for LGBTQ+ Communities

- The Network/La Red offers training, hotline support, and practical frameworks that help advocates understand power, control, and harm in LGBTQ+ relationships while centering the voices and leadership of survivors themselves.

<https://tnlr.org/en/resources>

National Indigenous Women’s Resource Center (NIWRC)

- NIWRC provides culturally grounded training, technical assistance, policy advocacy, and community-driven resources that uplift Indigenous sovereignty, safety, and healing.

<https://www.niwrc.org/resources>

Love Is Respect – Healthy Relationship Tools for Youth & Young Adults

(Designed specifically for teens and emerging adults, Love Is Respect helps young people build confidence, recognize red flags, and practice skills for safe, respectful, and empowering relationships.)

<https://www.loveisrespect.org/resources>

TED Talk: “How Childhood Trauma Affects Health Across a Lifetime”

- “How Childhood Trauma Affects Health Across a Lifetime” is a landmark TED Talk by pediatrician Dr. Nadine Burke Harris that explains how early adversity—can have long-term effects on physical and mental health.

https://www.ted.com/talks/nadine_burke_harris_how_childhood_trauma_affects_health_across_a_lifetime