



A Collection of Resources for The CARES Ambassadors

Resource Type: Mental Health and Well-Being/Lifestyle

Hey there, CARES Ambassadors; here's a collection of job, engagement, program, scholarship, and lifestyle opportunities! I'd like you to please stay tuned for more resources, specifically those related to mental health.

Below, the resources are defined by type, Location, deadline, and direct link. Some opportunities are term-limited, and the rest are ongoing.

It is important to know that **Location** is shown, but the opportunities are only sometimes based on that Location; **sometimes, they are virtual or offered by your specific location.**

| Resource Type | Location | Deadline | Direct Link |
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| Virtual Therapy | Virtual | N/A | Virtual Therapy with Black Girl Doctors |
| Random Resources Highlights on CARES4Power Instagram Page | Various Opportunities | N/A | Random Resources Highlights on CARES4Power Instagram |
| Transitions to Adulthood Center for Research Resources | Various Opportunities | Various opportunities – N/A | Mental Health Resources |
| 8 Mental Health Apps & Resources Supporting Black Americans | Various Opportunities | Various opportunities – N/A | 8 Mental Health Apps & Resources Supporting Black Americans |
| America's Virtual Food Bank | Location-Based | Various opportunities – N/A | America's Virtual Food Bank |
| iFoster's cell phone program. | N/A | N/A | Contact Information: <ul style="list-style-type: none"> • support@ifoster.org • (855) 936-7837 |
| Database of Localized Resources During COVID 19 Outbreak | Various Opportunities | N/A | Database of Localized Resources During COVID 19 Outbreak |

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| <p>Donate your e-waste and help them empower people with the digital tools, resources, and support they need to unlock their full potential.</p> | <p>N/A</p> | <p>Various opportunities – N/A</p> | <p>https://www.human-i-t.org</p> |
| <p>If you need support, are having tech issues, need extra help, or a need isn't being met?</p> | <p>N/A</p> | <p>Various opportunities – N/A</p> | <p>Email: MutualAidResource@gmail.com</p> |
| <p>They will provide or help you find housing during this transition.</p> | <p>N/A</p> | <p>Various opportunities – N/A</p> | <p>Email info@togetherwerise.org.</p> |
| <p>Find free or reduced-cost resources like food, housing, financial assistance, health care, and more.</p> | <p>Various opportunities – N/A</p> | <p>Various opportunities – N/A</p> | <p>Find Help</p> |
| <p>Youth aged out of NYC foster care, ages 18-26, and currently enrolled in college or an accredited vocational program.</p> | <p>NYC</p> | <p>N/A</p> | <p>https://www.tfaforms.com/4819380</p> |

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| Coping Skills | Various opportunities – N/A | Various opportunities – N/A | <ul style="list-style-type: none"> • Adult coloring books—gel pens to color with. • A mindful notebook—feel free to Google this! |
| Mental Health PDF Resources - Google Drive Folder | Virtual | Virtual - N/A | Google Drive Folder |
| Energy Saving | N/A | N/A | https://www.ohmconnect.com/ |
| Opioid Affected Youth Initiative Resource Library | Various items/opportunities - N/A | Various items/opportunities - N/A | https://www.opioidaffectedyouth.org/ResourceLibrary |
| Foster Care of Alumni.Org | Various opportunities – N/A | Various opportunities – N/A | https://fostercarealumni.org/resources/ |
| Cheaper phone bill | N/A | N/A | https://extras.safelinkwireless.com/en/VerizonSIM?utm_source=ret&utm_medium=dmail&utm_campaign=20340_ret&utm_content=XXR_20340A_0L1C1S1_06_DP |
| Various Resources from Building Movement Project | Various Opportunities | N/A | https://buildingmovement.org/tools-reports-resources/ |
| Various Resources from Coalition of | Based in Seattle. | Various opportunities – | https://www.carw.org/resources |

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| Anti-Racist Whites | | N/A | |
| Various Resources from Community, Centric Fundraising | N/A | N/A | https://communitycentricfundraising.org/resources/ |
| Various Resources from the Sikh American Legal Defense and Education Fund | N/A | N/A | https://saldef.org/resources/ |
| Writing | Virtual | Various Opportunities | https://powerpoetry.org/resources |

