Resources and Tips

CAPS 24/7 hotline: (858) 534 - 3755

Ways you can help

- [https://blacklivesmatters.carrd.co/](https://blacklivesmatters.carrd.co/)
- Donate to Freedom Funds (community bail out funds) by City [HERE](https://blacklivesmatters.carrd.co/)
- A List of Petitions, Donations, Resources, and Contact Information for Different Representatives [HERE](https://blacklivesmatters.carrd.co/)
- How to Donate to BLM When You Have No Money [HERE](https://blacklivesmatters.carrd.co/)

If you are protesting

- Know Your Rights from the ACLU [HERE](https://blacklivesmatters.carrd.co/)
- Protesting Tips [HERE](https://blacklivesmatters.carrd.co/)
- Virtual protesting 101 [HERE](https://blacklivesmatters.carrd.co/)
- Bailout Phone Numbers by City [HERE](https://blacklivesmatters.carrd.co/)
  - For CA
    - SAN DIEGO: 619-900-7766
    - OAKLAND: 510-470-5245
    - SAN FRAN: 415-230-2245
    - SACRAMENTO: 916-245-1957
    - SAN MATEO COUNTY: 650-409-6800
    - CONTRA COSTA COUNTY: 925-889-7001

Tips on being an ally

- How to Actively Be Anti-Racist: [HERE](https://blacklivesmatters.carrd.co/)
- 6 Ways to Activate Beyond Social Media [HERE](https://blacklivesmatters.carrd.co/)
- 10 Steps to Non-Optical Allyship [HERE](https://blacklivesmatters.carrd.co/)
- Things That Get In The Way of Being an Ally [HERE](https://blacklivesmatters.carrd.co/)
- A Guide to White Privilege [HERE](https://blacklivesmatters.carrd.co/)
- Explaining BLM to Asian Parents [HERE](https://blacklivesmatters.carrd.co/)
- 5 Steps Latinx Can Take to Combat Anti-Blackness [HERE](https://blacklivesmatters.carrd.co/)
- What Is Our Role As Central Americans in #BlackLivesMatter [HERE](https://blacklivesmatters.carrd.co/)
- The Dangers of "I Don't See Color" Mentality [HERE](https://blacklivesmatters.carrd.co/)
- How to Tell Someone They're Being Racist [HERE](https://blacklivesmatters.carrd.co/)
- 40 Ways to Help Right Now [HERE](https://blacklivesmatters.carrd.co/)
- A List of Black-Led LGBTQ Organizatons [HERE](https://blacklivesmatters.carrd.co/)
- Let's Talk About Performative Activism [HERE](https://blacklivesmatters.carrd.co/)

In appreciation to Peer Coach Jacinda Luong for compiling these resources.