John Jay Resources for Students:

Emergency & Crisis Contacts:
http://www.jjay.cuny.edu/emergency-crisis-contacts

Counseling Services:
http://www.jjay.cuny.edu/counseling-services-center-contacts

Women’s Center for Gender Justice:
http://www.jjay.cuny.edu/counseling-and-crisis-intervention

Urban Male Initiative:
http://www.jjay.cuny.edu/visit-us

Self-Care for Faculty Resources:

Radical Self-Care (Kerry Ann Rockquemore in Inside Higher Ed)
https://www.insidehighered.com/advice/2015/05/06/essay-how-faculty-members-can-keep-focused-amid-so-much-disturbing-news

Self-Care for Faculty Resources, continued:

Self Care for People of Color after Emotional and Psychological Trauma (JustJasmineBlog)

Mindful Teachers (website)
http://www.mindfulteachers.org/

10 Self-Care Techniques for Teachers (TeacherPop webpage)

Teachers, Take Care of Yourselves (Education Week webpage)

How Self-Compassion Can Help Prevent Teacher Burnout (Greater Good webpage)
http://greatergood.berkeley.edu/article/item/self_compassion_for_teachers

Top Tips for Stress Management and Self-Care (Education World webpage)