

Be a mentor that can **S.T.A.N.D** with your mentee

Helpful resources:

Therapeutic resources:

A Guide to Finding Therapy for People Dealing with Trauma:

https://www.uhn.ca/PatientsFamilies/Health_Information/Health_Topics/Documents/Guide_to_Finding_Therapy_for_People_Dealing_with_Trauma.pdf

The Ontario Psychotherapy and Counseling Program and Referral Network:

<https://referrals.psychotherapyandcounseling.ca/>

Advocacy:

Human Rights at Work 2008 - Third Edition - Grounds of discrimination: definitions and scope of protection

<https://www.ohrc.on.ca/en/iii-principles-and-concepts/3-grounds-discrimination-definitions-and-scope-protection>

Filing claims of discrimination

<https://www.ohrc.on.ca/en/filing-claims-discrimination#:~:text=The%20Human%20Rights%20Tribunal%20of,%2D866%2D598%2D0322.>

Network:

The Canadian Association for the Prevention of Discrimination and Harassment in Higher Education

<https://capdhhe.ca/>

Developing resilience:

Did you really just say that? Advice on how to confront microaggressions, whether you're a target, bystander or perpetrator - American Psychological association

<https://www.apa.org/monitor/2017/01/microaggressions>

Damaged, discouraged and defeated? How mindset may offer hope for healing by Dr. Michael D. Wolcott

<https://doi.org/10.1111/medu.14740>

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