

A group of diverse people, including a woman with grey hair and a man with a beard, are shown in a supportive embrace. The image is overlaid with a vertical gradient from red on the left to green on the right. The text "Racial Equity SUPPORT LINE" is overlaid in white on the image.

# Racial Equity **SUPPORT LINE**

## **Racism can change how we see the world around us.**

When we look around our neighborhoods, we know that our communities aren't getting the same kind of treatment as others. This inequity can wear us down and harm our mental health.

The Racial Equity Support Line is a service led and staffed by people with lived experience of racism. We offer support to those who are feeling the emotional impacts of racist violence and microaggressions, as well as the effects of immigration struggles and other cross-cultural issues.

Scan this code to add our  
**Racial Equity Support Line**  
to your contacts and get support  
from a crisis counselor of color.



Find more information at [racialequitysupportline.com](https://racialequitysupportline.com)

**Racial Equity Support Line • 503.575.3764**

Our line is staffed weekdays, 10am-7pm Pacific

