

Module 4: Optional resources

- <https://takeanewsbreak.com/> - A place for journalists to talk about their mental health.
- <https://www.iwmf.org/trauma-resources/#recordings> - [Kate Porterfield](#) is one of the best people I know talking on the subject of trauma and specifically in relation to journalists.
- <https://dartcenter.org/topic/ptsd-mental-health> - A good insight and resource to understand the signs and symptoms of PTSD.
- <https://www.iwmf.org/bjtrf/> - Black Journalist Therapy Relief Fund. This is a new network of therapists specifically for Black reporters.
- Sometimes our mental health may be a barrier to generating income and also getting back into the work you love. The IWMF has an emergency grant that you may be able to access to help support you with financial support for therapy as well as any other support mechanism you may need. - <https://www.iwmf.org/programs/emergency-fund/>