

If You're Overwhelmed By The Election, Here's What You Can Do Now

Here are a few positive things you can do right now:

Volunteer

There are plenty of organizations out there that simply need your time.

- Combat racism with [Showing Up For Racial Justice](#)
- Help your community with [AmeriCorps](#)
- End police violence at [Campaign Zero](#)
- Support your Muslim family and friends at the [Council on American-Islamic Relations](#)
- [Be a part of your next local election as a poll worker](#) and encourage voters to come out
- Join an organization that [helps immigrants and new Americans](#).

Practice Self Care

It's easy to forget that taking care of yourself is just as important as going out and doing something. If you find yourself in need of someone to talk to or having suicidal thoughts, reach out to the following:

- [National Suicide Prevention Lifeline](#): 1-800-273-8255
- [Trans Lifeline](#): (877) -565-8860
- [Trevor Project](#): (866)-488-7386

Donate

- [Planned Parenthood](#): Give women the opportunities for proper healthcare, education, and activism.
- [The Future Project](#): Help the young people of America fulfill their potential.
- [RAINN](#): Assist the Rape, Abuse & Incest National Network in combatting sexual violence, aiding victims, and ensuring that perpetrators are caught.
- [ACLU](#): Uphold the individual rights and liberties guaranteed to all by the Constitution and the laws of the United States.

Campus Resources for Support

- [Counseling & Psychological Services \(CAPS\)](#) – consultation available 24/7 at 805-893-4411
- [Graduate Division](#)
- [Office of Student Life \(OSL\)](#) – advising regarding speech, advocacy, and posting
- [MultiCultural Center \(MCC\)](#)
- [Educational Opportunity Program \(EOP\)](#)
- [Executive Director, Associated Students](#), 805-893-4141
- [Office of the Ombuds](#) – conflict management resources
- [Campus Advocacy, Resources & Education \(CARE\)](#), 805-893-3778
- [Undocumented Students Services](#), 805-893-5609
- [Resource Center for Sexual and Gender Diversity \(RCSGD\)](#)

Report Bias-Motivated Incidents

UCSB and the University of California promote better understanding and responding to incidents that degrade the quality of our learning environment and campus community. If you believe you have witnessed or that you may have been a target of a hate- or bias-motivated incident, you may [make a report online](#) or by calling 805-893-5016.

We're in uncharted territory, friends. Let's be good to one another.