



DIVERSE RESOURCES FOR COPING

[The road to resilience](#) (American Psychological Association)

[Discrimination: What it is, and how to cope](#) (APA)

[Positive psychology in practice](#) (Harvard Medical School)

[OHSU Intercultural Psychiatric Program \(IPP\)](#)

[OHSU Avel Gordly Center for Healing](#)

[OHSU Joseph B. Trainer \(JBT\) Health & Wellness](#)