

Mutual Aid

Brought to you by the
OSU Wellness Agents

What is Mutual Aid?

“Mutual aid is solidarity, not charity. It’s not saviorism, it’s saving ourselves. Mutual aid insists that there is a marriage between political education and political action.” -Mariame Kaba

Step 1: Build a Pod Map

A “pod” is a microcosm of “community.” Since it’s more concrete, it’s easier to get organized—to connect, make a plan, and follow through if and when it’s needed. For more info, check out [this resource](#) by Rebel Sidney Black.

Step 2: Connect with those folks

Once you’ve created your pod, connect with those individuals. What resources do you have to offer and what resources do you need?

Step 3: Find a buddy to work with

Don’t go alone, make sure someone always knows where you are/who you were visiting. For more tips on safety for mutual aid and volunteering go [here](#).

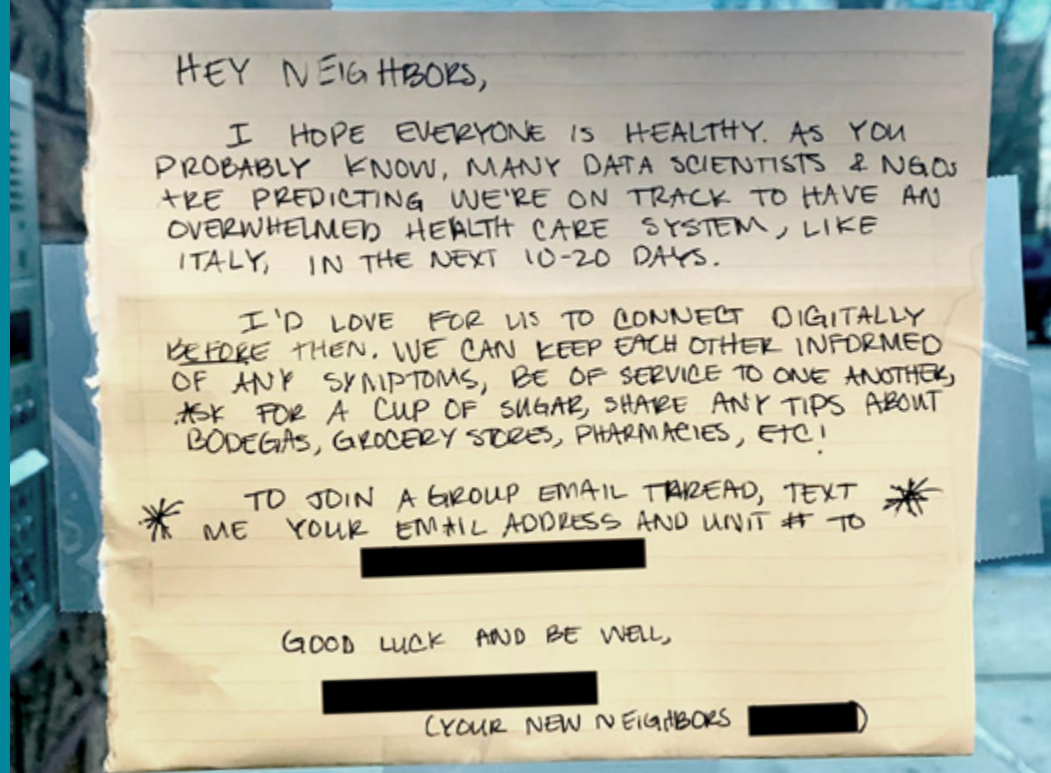
Step 4: Identify your Support Zone

Who will you be supporting? Where? What support systems already exist? Can you partner with them?



Step 5: Start Small (5-20 People)

Photo from Twitter
User Ariel Charney
(@arielcharney)



Step 6: Establish Communication Channels

How will you communicate? Online, phone, printed or written resources? Talk with your pod and decide on what is most feasible and efficient.

Step 7: Get the Conversation Started

- Here's a [mutual aid flyer](#) example in seven different languages
- Example of a [color code system](#) that's been set up in the UK
- Here's an [example of a letter](#) sent by organizer Ali Rachel Pearl (twitter: @alirachelparl)
- How to make a [Neighborhood Slack](#)

Step 8: HELP!

Give help where you can and ask for help when needed. Safety first, then teamwork. We are in this together.



Existing Mutual Aid Groups you can join

- [Mutual Aid Hub](#). Find Mutual Aid Networks and communities near you
- [Mutual Aid Groups Nationwide](#)
- [Benton County COVID-19 Request Form](#)
- [Benton County COVID-19 Volunteer Availability Form](#)
- [Benton County Family Response Team](#)

Examples of other Mutual Aid Projects

- [How to Set Up Mutual Aid Guides for Your Area](#)
- [Coronavirus Resource Kit](#)
- [Mutual Aid and Survival PDX](#)
- [Collective Care is Our Best Weapon Against Covid-19](#)

Resources for Unhoused Folks

- [Collection of Resources for Unhoused Folks](#)

Resources for Survivors

- [Information on Covid-19 for Survivors, Communities, and DV/SA Programs](#)

Resources for Parents and Caregivers

- [Comic on Covid-19](#)
- Covid Childcare Co-op Calendar: [Online Calendar](#) to Coordinate Childcare
- [Educational Resources Offering Free Subscriptions](#)
- [Compiled List of Resources for Parents and Caregivers](#)
- [Giant List of Ideas for Being Home with Kids](#)

Resources for Labor & Employment Laws

- [Covid-19 Labor & Employment Resources](#)

Resources for Small Businesses

- [SBA Disaster Assistance](#)

Resources for Folks with Incarcerated Family Members

- [Beyond Prisons Short Guide for How to Support Prisoners during Covid-19](#)
- [Teen Vogue-A Call for Alternatives to Incarceration](#)

Resources for QTPOC

- [Relief fund](#) for Queer Writers of Color

Resources for Calling Congress

- [FWD.us Call Script](#)

Specific info for disabled folx on prepping and staying safe

- [Document by Leah Piepzna-Samarasinha](#)