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 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: @alirachelpearl)
- 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.
Other Resources

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