Racial Justice Resources

As recommended by members of the Diversity and Inclusion Subcommittee (DISC) Department of Psychiatry and Behavioral Sciences, Emory University School of Medicine

A living document - last updated September 2020

EVENTS

● Where is the protest in Atlanta? - Twitter, updated 2x daily
● Race-Conscious Parenting Collective - meets monthly on a specified Wednesday

SELF-GUIDED ACTIVITIES

● Emory Psychiatry Anti-Racism Action Steps - developed by members of the Diversity and Inclusion Subcommittee and Caring Communities
● AntiRacist Table 30 Day Challenge - daily lessons curated to educate, to help people face and get past shame, anger, and blame, and to develop empathy
● Justice in June - learning resources and schedule of activities
● Healthy Democracy Kit - order a badge and lanyard with QR code patients can scan to register to vote
● 21-Day Racial Equity Habit Building Challenge - America & Moore
26 Ways to Be in the Struggle Beyond the Streets - list designed to celebrate all the ways our communities can engage in celebration
- Bystander Intervention Training
- Emory Speak Up Campaign - recent interactive newsletter which contains information on how to donate and become involved in campaigns
- Street Medic Bridge Training for Medical Professionals - Do No Harm Coalition
- Harvard Implicit Association test - assess implicit bias

COMMUNITY GROUPS/ORGANIZATIONS - volunteer, donate, follow on social media
In Atlanta:
- Atlanta Solidarity Fund
- Homeless Black Trans Women Fund
- Racial Justice Action Center
- Solutions Not Punishment Collaborative (SNaP Co.)
- Southerners on New Ground (SONG)
- The Street Groomers
- Black Futurists Group
- Beacon Hill Black Alliance for Human Rights
- SisterSong
- Feminist Women’s Health Center
- The People’s Response Atlanta
- Atlanta Jobs with Justice
- Project South
- Mijente
- Georgia Latino Alliance for Human Rights (GLAHR)
- Council for American-Islamic Relations Georgia (CAIR-GA)
- Asian Americans Advancing Justice - Atlanta
- Freedom University

Nationally/Internationally:
- Movement for Black Lives
- Black Lives Matter
- Poor People’s Campaign: A National Call for Moral Revival
- Color of Change
- INCITE!
- No White Saviors
- Academics for Black Survival and Wellness

ARTICLES/ESSAYS/REPORTS
- The Case for Reparations - Ta-Nehisi Coates
- Some Thoughts on Mercy - Ross Gay
- White Privilege: Unpacking the Invisible Knapsack - Peggy McIntosh
- Mapping the Margins: Intersectionality, Identity Politics, and Violence Against Women of Color - Kimberlé Williams Crenshaw
- Disarming racial microaggressions: Microintervention strategies for targets, White allies, and bystanders - Sue et al., American Psychologist
- Coping with Racial Trauma - UGA Department of Psychology
- Talking About Race - National Museum of African American History and Culture
- The racial impacts of COVID-19 - EmbraceRace
- How to be anti-racist: Speak out in your own circles
- Message to White Allies from A Black Anti-Racism Expert: You're Doing It Wrong
- 75 Things White People Can Do for Racial Justice
- Why you should stop saying "all lives matter," explained in 9 different ways
- Maintaining Professionalism in the Age of Black Death is A Lot
- Ten Keys to Everyday Anti-Racism - Greater Good Magazine

**BOOKS**
- The New Jim Crow: Mass Incarceration in the Age of Colorblindness - Michelle Alexander
- How to be an Antiracist - Ibram X. Kendi
- Sister Outsider: Essays and Speeches - Audre Lorde
- So You Want to Talk About Race - Ijeoma Oluo
- Between the World and Me - Ta-Nehisi Coates
- The Autobiography of Malcolm X - As told to Alex Haley
- Just Mercy: A Story of Justice and Redemption - Bryan Stevenson
- Invisible Man, Got the Whole World Watching: A Young Black Man's Education - Mychal Denzel Smith
- Medical Apartheid: The Dark History of Medical Experimentation on Black Americans from Colonial Times to the Present - Harriet A. Washington
- A People’s History of the United States - Howard Zinn
- Biased: Uncovering the Hidden Prejudice That Shapes What We See, Think, and Do - Jennifer Eberhardt
- White Fragility: Why It’s So Hard for White People to Talk About Racism - Robin DiAngelo
- Waking Up White: And Finding Myself in the Story of Race - Debbie Irving
- No More Heroes: Grassroots challenges to the Savior Mentality - Jordan Flaherty
- How to Hide an Empire: A History of the Greater United States - Daniel Immerwahr
- How to Kill a City: Gentrification, Inequality, and the Fight for the Neighborhood - P. E. Moskowitz

**PODCASTS**
- Code Switch
- 1619
• **Justice in America**
• **Uncivil**
• **Black History Year**
• **BackStory**
• [Brené with Ibram X. Kendi on How to Be an Antiracist](#) - Unlocking Us with Brené Brown
• [Ijeoma Oluo on How to Fight Racism in Your Town](#) - How To! With Charles Duhigg

**SHOWS/FILMS/VIDEOS**
• [Systemic Racism Explained](#) - (video) act.tv
• [A Racist Attack on Children Was Taped in 1975. We Found Them.](#) - New York Times
• [Jafar: An Anti-Racist Short Film](#)
• [I Apologize](#) - (video) Oscar Brown Jr., Def Poetry
• [SAEM Stands with You!](#) - (video) Society for Academic Emergency Medicine
• [#UntoldStories](#) - (video) Emory University SOM, Department of Emergency Medicine
• [“The House We Live In”](#) - PBS (part of docuseries Race: The Power of an Illusion)
• [13th](#)
• [Whose Streets?](#)
• [I Am Not Your Negro](#)
• [When They See Us](#)
• [Just Mercy](#) (adapted from memoir of the same name)
• [”22 Movies and Documentaries About Race Everyone Should Watch At Least Once”](#) - Buzzfeed
• [10 Documentaries To Watch About Race Instead Of Asking A Person Of Colour To Explain Things For You](#) - DocPlay

**NOTABLE FIGURES TO KNOW/FOLLOW** - academics, activists, trailblazers
• Patrisse Khan-Cullors ([@osopepatrisse](#))
• Alicia Garza ([@aliaciagarza](#))
• Opal Tometi ([@opalayo](#))
• Tamika Mallory ([@tamikadmallory](#))
• Bree Newsome Bass ([@breenewsome](#))
• Brittany Packnett ([@mspackyetti](#))
• Ibram X. Kendi ([@dribram](#))
• Ijeoma Oluo ([@ijeomaoluo](#))
• bell hooks ([@bellhooks](#))
• Kimberlé Crenshaw ([@sandylocks](#))
• Angela Davis
• James Baldwin
• Audre Lorde
• Toni Morrison
• Malcolm X

**RESOURCES FOR MENTAL HEALTH/MEDICAL PROFESSIONALS**
Actionable Steps for Therapists (And All Human Beings) In Response to the Racial Pandemic - Society for the Advancement of Psychotherapy

Anti-Racism & Racism Psychology, Psychiatry, Counseling, Psychotherapy, & Supervision: 57 Articles & Books—Cites + Summaries - Ken Pope

Black Life Matters: Anti-Racism Resources for Social Workers and Therapists


Moving From Cultural Competence to Antiracism (video) - Thelma Bryant-Davis

American Psychologist Special Issue: Racial Trauma: Theory, Research, and Healing - APA (all articles in this issue are free)

Critical consciousness of anti-Black racism: A practical model to prevent and resist racial trauma - Mosley et al., Journal of Counseling Psychology

Decolonizing mental health: The importance of an oppression-focused mental health system - Calgary Journal

Hey, White Therapist, Here's Where We Start (Ep. 92) (podcast) Clearly Clinical

Stop Hesitating: A Resource for Psychotherapists and Counselors - ACPE

APA Town Hall on the ‘Racism Pandemic’ Facing Our Nation - (video recording) June 4, 2020

Resources on Health Equity in the Context of COVID-19 and Disproportionate Outcomes for Marginalized Groups - National Academy of Medicine

Can You See me? Honoring Black Mental Health During A Double Pandemic - (video recording) June 19, 2020; DC Psychological Association

How do White Female Therapists Address Racism? - PSYED

Dealing with Racist Patients - NEJM

Caring for Older African American Adults:
  - Multicultural Competency in Geropsychology - American Psychological Association Committee on Aging
  - African American Older Adults and Race-Related Stress - American Psychological Association
  - Black Aging Matters: How to Better Address Racism-Related Stress in African American Older Adults - APA Webinar
  - Health and Health care of African-American Older Adults (2010) (PDF, 2.7MB) Stanford School of Geriatrics

CURRICULA/SYLLABI
  - Racial Equity Tools - learning modules and curriculum
  - Teaching Tolerance - social justice and anti-bias curricula for kindergarten through high school
  - Psychology of Radical Healing Syllabus - The Psychology of Radical Healing Collective

SUPPORT FOR BLACK PROFESSIONALS
  - Shine app - A mental health/mindfulness app offering free meditations for Black wellbeing and mental health
● **The Safe Place app** - A mental health app to have open discussions, receive advice, and view stats on mental health in the Black community

● **Ethel's Club** - Offering two free, one hour virtual group healing and grieving sessions for the Black community (June 9 & June 23 at 6pm; on Instagram @ethelsclub)

● **Sista Afya** - Hosts online support groups to help Black Womxn process the BLM movement (on Instagram @sistaafya)

● **Black Mental Wellness** - shares resources, coping strategies, and discussions for the Black community (on Instagram @blackmentalwellness)

● **HealHaus** - a mindfulness/wellness space in Brooklyn that is offering free virtual mindfulness events on Instagram (on Instagram @healhaus)

● **The Loveland Foundation** - organization focused on providing mental health support for Black women and girls, can apply for financial assistance for therapy

● **A Therapist Like Me** - a non-profit dedicated to connecting minority-identifying clients to minority-identifying therapists, advancing therapists of color, providing financial gifts to minority-identifying clients for psychotherapy

**SUPPORT FOR BLACK PATIENTS**

● **Center for Black Women's Wellness** - safety net clinic which provides mental health referrals

● **The Counseling Brothers of Atlanta** - on Facebook and Instagram

● **Therapy for Black Girls** - online space dedicated to encouraging the mental wellness of Black women and girls

● **44 Mental Health Resources for Black People Trying to Survive in This Country** - Self

● **55 Mental Health Resources for People of Color** - Online MSW Programs (includes resources for Black patients as well as non-Black POC)

**BIPOC LGBTQ+ RESOURCES**

● **House of GG (Griffin-Gracy Educational Retreat & Historic Center)** - runs programs that promote healing justice, resilience, and organizing by and for transgender women of color, primarily focusing on the South.

● **Transgender Law Center** - legal resources to advance the rights of transgender and gender nonconforming people

● **Marsha P. Johnson Institute** - organizes to advocate for and defend the human rights of Black transgender people

● **Center for Black Equity** - connects members of the black LGBTQ+ community with information and resources to empower their fight for equity and access

● **LGBTQ+ Freedom Fund** - posts bail to secure the safety and liberty of people in jail and immigration detention

● **For the Gworls** - fundraises to assist with black trans people’s rent & affirmative surgeries

● **Black Transmen** - organization focused on social advocacy and empowering trans men with resources to aid in a healthy transition
- National Black Justice Coalition - civil rights organization dedicated to empowering black LGBTQ+ people, advocates for policy at the federal level
- Trans Women of Color Collective - cultivates economic opportunities and affirming spaces for trans people of color
- Trans Justice Funding Project - community-led funding initiative to support grassroots, trans justice groups run by and for trans people

BLACK-OWNED BUSINESSES
- A list of more than 100 black-owned restaurants, food businesses in metro Atlanta - AJC
- Want to support Black-owned businesses? Here's a list - Decaturish
- BuyBlack ATL: Directory of black-owned businesses
- 138 Black-Owned Businesses to Support - The Strategist

EMORY RESOURCES
- Emory Office of Spiritual and Religious Life - http://www.religiouslife.emory.edu
- The Office of Diversity, Equity, and Inclusion - http://equityandinclusion.emory.edu
- School of Medicine Anti-Racism Resource Guide - https://www.med.emory.edu/about/diversity/anti-racism-guide.html
  Specifically for students:
- Student Health Services (SHS) - http://studenthealth.emory.edu/index.html
- Counseling and Psychological Services (CAPS) - http://www.counseling.emory.edu
  - Drop-In Groups: No initial consultation/screening necessary. To join a group, schedule an initial screening at CAPS (404-727-7450).
  - Stress Clinic: Wednesdays, 11 AM-12 PM EST & Thursdays, 4-5 PM EST (students choose one day only and meet for three weeks)
  - International Student Support Group: Thursdays, 11:30 AM-12:30 PM EST
  - Black Graduate/Professional Student Support Group: Thursdays, 4-5 PM EST
  - Mindfulness: Mondays, 11 AM-12 PM EST; Thursdays, 8:30-9:30 PM EST; Fridays, 2-3 PM EST
  - Healthy Healers Drop-In Workshop: Tips for Students in the Health Professions. No initial consultation/screening necessary. Open to all School of Medicine students. June 17, 6-7 PM EST.

ORGANIZATIONAL RESOURCES
- Diversity & Inclusion Toolkit Resources - AAMC
- Diversity & Inclusion - AAMC
- Diversity, Inclusion, and Health Equity Collection - AAMC
- How to Talk About George Floyd and Racism with Your Team
- How Should Organizations Respond to Racism Against Health Care Workers?

RESOURCE LISTS COMPILED BY OTHERS
- Anti-racism resources list
- Anti-Racist Info Kit for White People - guides and resources
**Racial Equity Tools** - books and films list

**Antiracist Resources and Reads**: recommendations by age group

**Racial Re-Education Resources on Hoopla** - free e-books and audiobooks available from your local library

**Scaffolded Anti-Racist Resources**

**Diversity & Cultural Competency Committee, DC Psychological Association** - multiple resource lists for different target audiences
  - Juneteenth Webinar Resources

**FOR CHILDREN AND FAMILIES**

**Comprehensive Lists**
  - Antiracist Resources and Reads: Lists for All Ages
  - Something Happened in Our Town: Book Lists and Online Resources
  - Your Kids Aren't Too Young to Talk About Race: Resource Roundup — Pretty Good

**Children**
  - Something Happened in Our Town: A Child's Story About Racial Injustice
  - We're Different, We're the Same (Sesame Street) by Bobbi Kates
  - AntiRacist Baby by Ibram X. Kendi
  - Happy in Our Skin by Fran Manushkin
  - "Daddy Why Am I Brown?": A healthy conversation about skin color and family. by Bedford Palmer, Winda Mulyasari
  - Marisol McDonald Doesn't Match / Marisol McDonald no combina: Brown, Monica, Palacios, Sara
  - Chocolate Me!: Diggs, Taye, Evans, Shane W.
  - It's Okay To Be Different (Todd Parr Classics)
  - 31 Children's books to support conversations on race, racism and resistance

**Adolescents**
  - This Book Is Anti-Racist: 20 Lessons on How to Wake Up, Take Action, and Do the Work by Tiffany Jewell
  - Preview — The Hate U Give by Angie Thomas

**Race Affirming Books**

- **Be Bold, Baby**
- **Children's Books For Black History Month and Beyond**
- **15 Must-Read Children's Books for Black History Month**

**Books for Parents**
- *Raising White Kids: Bringing Up Children in a Racially Unjust America*
- *Let's Talk About Race: Lester, Julius, Barbour, Karen*
- *Skin Like Mine (Kids Like Mine): Perry, LaTashia M.*

**Videos for Children and Adolescents**

- *Systemic Racism Explained*

**Videos for Parents**

- *Black Parents Explain How to Deal with the Police | Cut*

**News Articles for Parents**

- *Talking to Children After Racial Incidents - Lion's Story*
- *How to talk to kids about racism, racial violence and police brutality*
- *Study: Racism Affects Even Young Kids' Mental and Behavioral Health*
- *How to talk to kids about race and racism, according to experts*
- *How to talk to your kids about race, racism, and police violence*
- *How White Parents Can Talk To Their Kids About Race : Life Kit*

**National Resources**

- *CNN and 'Sesame Street' to host a town hall addressing racism* - June 6, 2020
- *Teaching Tolerance* - social justice and anti-bias curricula for kindergarten through high school
- *The Trevor Project* - crisis intervention and suicide prevention services for LGBTQ young people under 25

**Community Resources**

- *Race-Conscious Parenting Collective* at Charis Books & More (meets monthly)
- *Therapy for Black Girls* - online space dedicated to encouraging the mental wellness of Black women and girls

**Websites on Bullying**

- *The Bully Project*
- *BullyBust*
THE FIRE NEXT TIME  
JAMES BALDWIN

MINOR FEELINGS
CATY PARK HONG

AMERICA'S ORIGINAL SIN
WALLIS

MISCELLANEOUS
ALEXANDER

THE NEW JIM CROW

GOOD TALK
MIRA JACOB

BLINDSPOT

SO YOU WANT TO TALK ABOUT RACE
JEANNE OLIVIA

WHERE DO WE GO FROM HERE?
IBRAM X. KENDI

HISTORY OF OTHER SINS
TA-NESHII CASTE

THE FIRE THIS TIME
JESMYN WARD

WHITE FRAGILITY
ROBERT KING

I'M STILL HERE
AUSTIN CRANKING-BROWN

THE COLORED LAW
IRENE KENDI

THE DIRECTIONS OF OTHER SINS
ROBERT KENDI

WHITE FRAGILITY
ROBERT KING

IMMUNE TO RACIAL HIGGERY
GREGG BOYER

JUST MERCY
BRYAN STEVENSON

MICHELLE O'BRYAN

ERIK MANN

THE BOOK OF ANTHROPIST

JANE MOUNT