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 July 2020

EVENTS
- Where is the protest in Atlanta? - Twitter, updated 2x daily
- Race-Conscious Parenting Collective - meets monthly on a specified Wednesday
- PEPP MWe Up Talk & Gathering - occurs weekly on Fridays
- Remove Gwinnett's Confederate Statue - Tuesday, July 28
- Designing Transformative Justice: A Virtual Conversation - Thursday, July 30
- Academics for Black Survival and Wellness: The Remix and Rewind - (a 21-day personal and professional development initiative for non-Black academics) August 1-21
- Squad Up, Skill Up, Slay: Street Fighter Series - (learn bread and butter skills of community organizing and direct action planning) every other Sunday, starting August 2
- The Black National Convention 2020 - August 28

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

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 (@aliciagarza)
• 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

ACTIVITIES
• 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

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

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 - Next meeting June 24, 2020 at 7pm
- **Therapy for Black Girls** - online space dedicated to encouraging the mental wellness of Black women and girls

Websites on Bullying

- **The Bully Project**
- **BullyBust**