



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

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G E O R G E F L O Y D

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
- [Discrimination in America: Experiences and Views of African Americans](#) (2017) - NPR, Robert Wood Johnson, Harvard School of Public Health
- [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
- [The Racial Healing Handbook: Practical Activities to Help You Challenge Privilege, Confront Systemic Racism, and Engage in Collective Healing](#) - Anneliese Singh
- [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](#)
- [Counseling Individuals of African Descent](#) - Raheem & Hart, Counseling Today (2019)
- [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 Gworks](#) - 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](#)



Jane Mount