Resources

Coping with Racism-Related Stress and Trauma
- Coping with Violence, Trauma & Tragedy from JED Campus Foundation
- Coping with Racism-Related Stress from University of Illinois
- Community Healing Network: Healing in the Face of Racial Trauma

Self-Care for People of Color after Psychological Trauma
- Radical Self-Care in the Face of Mounting Racial Stress
- Support Resources for People of Color & Native Folks from Simmons University
- Self-Care Tips For Black People Who Are Struggling With This Very Painful Week (Vice)
- Black Mental Wellness
- Ourselves Black Information on promoting mental health and developing positive coping mechanisms through a podcast, online magazine and online discussion group

Surviving & Resisting Hate: A Toolkit for People of Color
- The Association of Black Psychologists - Family-Care, Community-Care and Self-Care Tool Kit: Healing in the Face of Cultural Trauma
- Black Lives Matter Meditation for Healing Racial Trauma and Ally + Accomplice Meditation for Cultivating an Anti-Racist Mindset by Dr. Candice Nicole Hargons
- APA Society for the Psychological Study Of Culture, Ethnicity, and Race Healing Through Social Justice Resources
- APA Society of Counseling Psychology Social Justice Resources
- National Latinx Psychological Association (NLPA) Advocacy in Actions
- Boston University Racial Trauma Toolkit

Anti-Racism Resources
- How to be an Antiracist by Dr. Ibram X. Kendi
- Understanding White Privilege by Dr. Frances Kendall
- Me and White Supremacy Workbook
- So You Want to Talk about Race
- 20+ Allyship Actions for Asians to Show Up for the Black Community Right Now
- 75 Things White People Can Do for Racial Justice
- The Characteristics of White Supremacy Culture
**NYU The Trauma of Racism**
- Video on the social determinants of toxic stress, specifically race and ethnic toxic stress

**Black Mental Health Directory**
- Association of Black Psychologists Directory
- Inclusive Therapists
- Ebony's Mental Health Resources by State. (Directory compiled by Ebony magazine)
- Therapy for Black Girls
- National Queer and Trans Therapists of Color Network
- Psychology Today Directory of African American Therapists
- Therapy for Black Men
- Melanin and Mental Health Connects individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities.
- Black Mental Health Directory (Local directory of Chicago-area providers).

Resources compiled by Northwestern University CAPS