

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