

Racial Trauma Resources

Racial discrimination is not just an experience, but a race-based traumatic stressor that triggers trauma responses in individuals who experience racism. **Racial trauma** refers to events of danger related to real or perceived experiences of racial discrimination, threats of harm and injury, and humiliating and shaming events, in addition to witnessing harm to other ethnoracial individuals because of real or perceived racism” (Comas-Díaz, 2016).

While those experiencing racial trauma may experience similar symptoms to Post-Traumatic Stress Disorder (PTSD), racial trauma differs from PTSD in that its survivors are exposed to constant re-exposure through microaggressions (Comas-Díaz, 2016). Over time if not dealt with, racial trauma can lead to psychological distress and mental health issues.

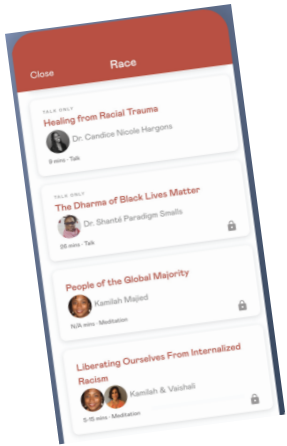
Black Mental Health Applications



Elevate

Self-care app founded by three Black men who want to help others overcome adversity and become their best selves. The app features self-care challenges, inspirational quotes, videos, and more.

Free; Available for iOS & Android



Liberate

Meditation app for the Black, Indigenous, and People of Color community. Listen to dozens of guided meditations to ease anxiety, find gratitude, heal internalized racism and microaggressions and celebrate Blackness.

Free; Available for iOS & Android



The Safe Place

Minority Mental Health App geared towards the Black Community. App features Include Black Mental Health Statistics, Inspirational Black Quotes, Self Care Tips (coping after police brutality, mental health stigma, breathing techniques, meditation, exercise), Mental Health Videos And Podcast, Mental Health Articles, and Open Forum Discussions.

Free; Available for iOS & Android



Black Mental Health Podcasts

<u>Therapy for Black Girls</u>	Weekly podcast with Dr. Joy Harden Bradford, a licensed psychologist, about mental health and personal development.	<u>Website</u> <u>Apple Podcasts</u> <u>Spotify Podcasts</u>
<u>Between Sessions</u>	Two licensed therapists who founded Melanin and Mental Health host this podcast about mental health issues.	<u>Website</u> <u>Apple Podcasts</u>
<u>Celeste the Therapist</u>	Celeste, a licensed therapist, hosts a weekly podcast where she interviews guests from different backgrounds who empower people of all abilities.	<u>Apple Podcasts</u> <u>Spotify Podcasts</u>
<u>Fireflies Unite</u>	Weekly podcast from the perspective of individuals thriving with a mental illness created by suicide survivor T-Kea Blackman. The mission of the podcast is to bring light into darkness (just like the fireflies), encourage people of color to seek treatment and end the stigma and raise awareness.	<u>Website</u> <u>Apple Podcasts</u> <u>Spotify Podcasts</u>
<u>Hats Off</u>	Two clinical social workers of color who are looking to change the stigma around mental health in the African American community through comedy and lessons.	<u>Apple Podcasts</u> <u>Soundcloud</u>
<u>Talking Off The Couch</u>	This podcast by a licensed professional counselor focuses on mental health and mental wellness within the community of color. Tatiana Smith hopes to shed light and break stigmas about mental health/wellness in the communities of color.	<u>Website</u> <u>Apple Podcasts</u> <u>Spotify Podcasts</u>
<u>Balanced Black Girl</u>	Podcast dedicated to helping you feel your best. Tune in for approachable health, self-care, personal development, and well-being advice from Black women wellness experts.	<u>Website</u> <u>Apple Podcasts</u> <u>Spotify Podcasts</u>
<u>The Bodyful Black Girl Podcast</u>	Bi-weekly conversation with Jennifer Sterling, a Registered Dance/Movement Psychotherapist and Holistic Nutritionist in New York City. She discusses all things body, movement, and mental health in an effort to support black women living with depression feel more vital, well, and whole.	<u>Apple Podcasts</u> <u>Spotify Podcasts</u>
What's the Remedy?	Weekly conversation about men and mental health, social issues, racial inequity and the many other contributing issues plaguing society.	<u>Apple Podcasts</u> <u>Spotify Podcasts</u>
hey, girl.	Podcast that unites the voices of phenomenal women near and far. Created with sisterhood and storytelling in mind, author Alex Elle sits down with people who inspire her.	<u>Apple Podcasts</u>

<u>The Black Unconscious</u>	The Black Unconscious is about reversing the mental health disparity in the Black community, and encouraging deep emotional healing by acknowledging the invisible wounds of living while Black, validating our cultural experience, and learning new ways to manage what we've always felt on an unconscious level.	<u>Website</u>
<u>The Black Girl Bravado</u>	Candid conversations on self-care, self-love, mental health and wellness, spirituality, humor, entrepreneurship + much more.	<u>Apple Podcasts</u> <u>Spotify Podcasts</u>
Black Lives Matter Meditation	Meditation led by a psychologist, healer and a Black woman. This one is specifically for healing racial trauma.	<u>Website</u> <u>Apple Podcasts</u> <u>Soundcloud</u>

Black Mental Health Websites

Black Mental Wellness

<https://www.blackmentalwellness.com>

Website founded by Black clinical psychologists focused on mental wellness in the Black community. Features fact sheets, audiovisual resources, and health, relaxation, and behavioral strategies.

Black Mental Health Alliance

<https://blackmentalhealth.com>

Website dedicated to developing, promoting and sponsoring trusted culturally-relevant educational forums, trainings and referral services that support the health and well-being of Black people and other vulnerable communities.

Melanin and Mental Health

<https://www.melaninandmentalhealth.com>

Website dedicated to connecting individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities. Features a podcast, resources, shop, event list, and therapist searcher.

Black Zen

<https://www.blackzen.co/>

Website dedicated to removing the social and financial barriers that restrict black and brown communities from the benefits of meditation. Features a beginner's guide to meditation, articles, and a mindfulness-based podcast.

Therapy for Black Girls

<https://therapyforblackgirls.com>

Online space dedicated to encouraging the mental wellness of Black women and girls. Features a podcast, blog, online community, and therapist searcher.

Sista Afya

<https://www.sistaafya.com>

Website dedicated to community mental wellness with mental wellness education, resource connection, community support, and a shop to empower young adult Black women to take charge of their mental wellbeing.

BEAM Collective (Black Emotional and Mental Health)

<https://www.beam.community/tool-kits-education>

Collective of advocates, yoga teachers, artists, therapists, lawyers, religious leaders, teachers, psychologists and activists committed to the emotional/mental health and healing of Black communities. Features toolkit with journal prompts, videos, resources, and trainings.

Mental Health 24/7 Hotlines

National Suicide Prevention Lifeline	1-800-273-TALK (8255)
Trevor Project	1-866-488-7386 Or text "TREVOR" to 1-202-304-1200

Mental Health Support Lines (not available 24/7)

SAMHSA Treatment Referral Hotline	1-877-726-4727
NAMI Helpline	1-800-950-6254

Black Mental Health Therapist Finders

[African American Therapists](#)

[African American Mental Health Providers](#)

[Association of Black Psychologists Directory](#)

[Black Mental Health Directory](#)

[Therapy for Black Girls](#)

[Therapy for Black Men](#)

[Melanin and Mental Health](#)

[Black Therapists Rock](#)

[Melanin Mental Health Therapy](#)

[National Queer and Trans Therapists of Color Network](#)

[Psychology Today African American Therapist Directory](#)

Resources to Educate Yourself on Racism & Racial Trauma

Books

- *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies* by Resmaa Menakem
- *White Fragility: Why It's So Hard For White People To Talk About Racism* by Robin DiAngelo
- *The New Jim Crow: Mass Incarceration In The Age Of Colorblindness* by Michelle Alexander
- *The Racial Healing Handbook: Practical Activities to Help You Challenge Privilege, Confront Systemic Racism, and Engage in Collective Healing* By Anneliese Singh
- *So You Want to Talk About Race* by Ijeoma Oluo
- *Minor Feelings: An Asian-American Reckoning* by Cathy Park Hong
- *Why Are All the Black Kids Sitting Together in the Cafeteria: And Other Conversations About Race* by Beverly Daniel Tatum
- *Between the World and Me* by Ta-Nehisi Coates
- *How to be An Antiracist* by Ibram X. Kendi

Articles

- [The 1619 Project](#) by Dannielle Bowman, NY Times
- [Welcome to the Anti-Racism Movement - Here's What You Missed](#) by Ijeoma Oluo
- [White Privilege: Unpacking the Invisible Knapsack](#) by Peggy McIntosh
- [Who Gets to Be Afraid in America?](#) by Dr. Ibram X. Kendi
- [11 Things to do Besides Saying 'This Has to Stop' In the Wake of Police Brutality](#) by Brittany Wong
- [Holy s**t, being an ally isn't about me!](#) By Real Talk: WOC & Allies

Podcasts

- [Code Switch Podcast](#): Conversations about race hosted by journalists of color.
- [Intersectionality Matters!](#): Podcast hosted by Kimberlé, an American civil rights advocate and leading scholar of critical race theory.
- [Momentum: A Race Forward Podcast](#): Podcast features movement voices, stories, and strategies for racial justice.

Movies and TV Shows

- 13th (Ava DuVernay) - Netflix
- American Son (Kenny Leon) - Netflix
- Dear White People (Justin Simien) - Netflix
- If Beale Street Could Talk (Barry Jenkins) - Hulu
- The Hate U Give (George Tillman Jr.) - Hulu
- When They See Us (Ava DuVernay) - Netflix
- Just Mercy (Destin Daniel Cretton) - Available to rent for free in June in the U.S.
- Selma (Ava DuVernay) - Available to rent

TED Talks & Other Videos

- ["How Studying Privilege Systems Can Strengthen Compassion"](#) by Peggy McIntosh
- ["Depression, and the Intersections of Social Justice and Mental Health"](#) by Imade Nibokun

Resources to Educate Yourself on Racism & Healthcare

Books

- *Flatlining: Race, Work, and Health Care in the New Economy* by Adia Harvey Wingfield
- *Just Medicine: A Cure for Racial Inequality in American Health Care* by Dayna Bowen Matthew
- *Medical Apartheid: The Dark History of Medical Experimentation on Black Americans from Colonial Times to the Present* by Harriet Washington
- *Racism: Science & Tools for the Public Health Professional* by Chandra L. Ford, PhD, MPH, MLIS
Derek M. Griffith, PhD
Marino A. Bruce, PhD, MSRC, MDiv
Keon L. Gilbert, DrPH, MPA, MA

Webinars

- American Public Health Association's (APHA) Impact of Racism on the Health and Well-Being of the Nation Webinar Series
 - Naming and Addressing Racism: A Primer by Shiriki Kumanyika, PhD, MPH, and Camara P. Jones, MD, MPH, PhD
 - No Safety, No Health: A Conversation About Race, Place, and Preventing Violence by Linda Degutis, DrPH, MSN, Howard Penderhughes, PhD, Benita Tsao, MPH, Marc Philpart, MPA, MPH, and Sheila Svannah, MA
 - Unequal Treatment: Disparities in Access, Quality and Care by Linda Rae Murray, MD, MPH, FACP, Michelle van Ryn, PhD, LMFT, MPH, and Brian Smedley, PhD
 - Racism: The Silent Partner in High School Dropout and Health Disparities by Adewale Troutman, MD, MPH, CPH, Robert Murphy, MEd, and Camara Jones, MD, MPH, PhD
- American Public Health Association's (APHA) Advancing Racial Equity Webinar Series
 - Racism: The Ultimate Underlying Condition by Camara Jones, MD, MPH, PhD, and Amani Allen, PhD, MPH

TED Talks

- "How racism makes us sick" by David R. Williams
- "Why your doctor should care about social justice" by Mary Bassett
- "The problem with race-based medicine" by Dorothy Roberts
- "The trauma of systemic racism is killing Black women. A first step toward change..." by T. Morgan Dixon and Vanessa Garrison
- "How racism harms pregnant women - and what can help" by Miriam Zoila Pérez

Resources for Talking to Kids About Race

Books

- *Something Happened in Our Town: A Child's Story about Racial Injustice* by Marianne Celano
- *Can I Touch Your Hair? Poems of Race, Mistakes, and Friendship* by Charles Waters & Irene Latham
- *Race Cars: A children's book about while privilege* by Jenny Devenny
- *Momma, Did You Hear the News?* By Sonya Whittaker Gragg
- *All the Colors We Are: The Story of How We Get Our Skin Color* by Katie Kissinger
- *Let's Talk About Race* by Julius Lester
- *Intersection Allies: We Make Room for All* by Chelsea Johnson, LaToya Council, Carolyn Choi

Articles

- ["They're not too young to talk about race"](#) Infographic by The Children's Community School, 2018
- [6 Things White Parents Can Do to Raise Racially Conscious Children](#) by Bree Ervin, 2014
- [7 Things to Do When Your Kid Points Out Someone's Differences](#) by Rachel Garlinghouse, 2015
- [Talking With Children about Racism, Police Brutality, and Protests](#) by Dr. Laura Markham, 2020
- [100 Race-Conscious Things You Can Say to Your Child to Advance Racial Justice](#) by Raising Race Conscious Children, 2016

Podcasts

- [Talking Race with Young Children](#) by NPR, 2019

Black-Owned Bookstores to Support when Purchasing Resources

Ashay At the Bay

<https://ashaybythebay.com>

AfriWare Books

<https://www.afriwarebooks.com/>

Black Stone Bookstore & Cultural Center

<https://www.blackstonebookstore.com>

Eso Won Books

<https://www.esowonbookstore.com>

Hakim's Bookstore

<https://hakimsbookstore.com/shop/>

Harriett's Bookshop

<https://www.harriettsbookshop.com>

Key Bookstore

<https://keybookstore.com>

The Lit Bar

<https://bookshop.org/shop/thelitbar>

Mahogany Books

<https://www.mahoganybooks.com>

Pyramid Books

<https://pyramidbooks.indielite.org>

Semicolon Bookstore & Gallery

<https://bookshop.org/shop/Semicolonchi>

Source Booksellers

<http://www.sourcebooksellers.com>

Uncle Bobbies

<https://www.unclebobbies.com>