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 June 2020

COMMUNITY GROUPS/ORGANIZATIONS/EVENTS - volunteer, donate, follow on social media

In Atlanta:

- Atlanta Solidarity 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
  - Event: Young Voices Discuss White Supremacy & Affirming Black Lives, June 7, 1pm
- SisterSong
- Feminist Women’s Health Center  
  ○ Event: Georgia People’s Health Forum, June 10, 6pm
- The People’s Response Atlanta
- 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 (Atlanta chapter currently inactive)
- Campaign Zero
- No White Saviors

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
- 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
- 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
- BackStory
- Brené with Ibram X. Kendi on How to Be an Antiracist

SHOWS/FILMS/VIDEOS
- Systemic Racism Explained - (video) act.tv
- “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)
- Bree Newsome Bass (@breenewsome)
- Brittany Packnett (@mspackyeti)
- Ibram X. Kendi (@dribram)
- Ijeoma Oluo (@ijeomaolu)
- bell hooks (@bellhooks)
- Kimberlé Crenshaw (@sandylocks)
- Angela Davis
- James Baldwin
- Audre Lorde
- Toni Morrison
- Malcolm X
RESOURCES FOR MENTAL HEALTH/MEDICAL PROFESSIONALS

- Moving From Cultural Competence to Antiracism (video) - Thelma Bryant-Davis
- Hey, White Therapist, Here's Where We Start (Ep. 92) - (podcast) Clearly Clinical
- How do White Female Therapists Address Racism? - PSYED
- 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
- 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
- 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.

**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

**BLACK-OWNED BUSINESSES**
- **A list of more than 100 black-owned restaurants, food businesses in metro Atlanta** - AJC
- **Directory of black-owned businesses**

**EMORY RESOURCES**
- Emory Office of Spiritual and Religious Life - [http://www.religiouslife.emory.edu/](http://www.religiouslife.emory.edu/)
- The Office of Diversity, Equity, and Inclusion - [http://equityandinclusion.emory.edu](http://equityandinclusion.emory.edu)

*Specifically for students:*
- Student Health Services (SHS) - [http://studenthealth.emory.edu/index.html](http://studenthealth.emory.edu/index.html)
- Counseling and Psychological Services (CAPS) - [http://www.counseling.emory.edu/](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

FOR CHILDREN AND FAMILIES

Comprehensive Lists
- Antiracist Resources and Reads: Lists for All Ages
- Something Happened in Our Town: Book Lists and Online Resources

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

National Resources

• CNN and 'Sesame Street' to host a town hall addressing racism - June 6, 10am

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