

BIPOC Behavioral Health Resources & Anti-Racist Actions for Allies

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Organizations and Resources Supporting BIPOC Mental Health

[Brown Girl Therapy](#) is an online community founded by therapist-in-training Sahaj Kaur Kohli, focused on promoting therapy and unpacking bicultural identity.

[Identity and Cultural Dimensions](#) | NAMI

[Inclusive Therapists](#) aims to make the process of seeking therapy simpler and safer for all people, especially marginalized populations.

[Melanin and Mental Health](#) connects individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities.

[The National Queer & Trans Therapists of Color Network \(NQTTCN\)](#) is a healing justice organization committed to transforming mental health for queer and trans people of color (QTPoC).

BIPOC Behavioral Health Resources & Anti-Racist Actions for Allies

[Psych Hub Communication Guide: Inclusive Language & Imagery for Mental Health Content](#) | Asper & St. Amant, Psych Hub

[The Steve Fund](#) is dedicated to the mental health and emotional well-being of students of color.

Specifically for the Black Community

[The AAKOMA Project](#) helps diverse teenagers and their families achieve optimal mental health through dialogue, learning, and the understanding that everyone deserves care and support.

[Academics for Black Survival and Wellness](#) an organization of Black counseling psychologists and their colleagues who practice Black allyship.

[Behavioral Health Equity for Black/African American People: Data, Reports, and Issue Briefs](#) | SAMHSA
[Black/African American](#) | NAMI

[Black Community](#) | Anxiety & Depression Association of America

[Black Emotional and Mental Health Collective \(BEAM\)](#) is a training, movement building, and grant-making organization dedicated to the healing, wellness, and liberation of Black and marginalized communities.

[Black Girls Smile Inc.](#) promotes positive mental health for young African American girls.

[Black Men Heal](#) works to provide access to mental health treatment, psycho-education, and community resources to men of color.

[Black Mental Health Alliance](#) develops, promotes, and sponsors trusted, culturally-relevant educational forums, training, and referral services that support the health and wellbeing of Black people and other vulnerable communities.

[Black Mental Wellness](#) provides access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective, highlights and increases the diversity of mental health professionals, and decreases the mental health stigma in the Black community.
([Instagram](#))

[Black Therapists Rock](#) A community of Black therapists working to heal generational trauma.

[The Boris Lawrence Henson Foundation](#) provides support for and brings awareness to mental health issues that plague the African American community.

[Depressed While Black](#) | An online community, blog, and video hub for Black mental health.

[Eustress](#) raises awareness on the importance of mental health in underserved communities, allowing individuals to identify and overcome challenges to achieve a healthier and productive lifestyle

BIPOC Behavioral Health Resources & Anti-Racist Actions for Allies

[A Growing List Of Black Mental Health Resources](#) | Ebony

[The Hip Hop Social Worker](#) | Christopher Scott, MSW, CSWA is a social worker from Portland taking a journey to further his career and making an effort to change the platform of social work.

[The Loveland Foundation](#) provides financial support for therapy for Black women and girls.

[Melanated Social Work](#) shares mental health resources, information, and discussions created and curated by four men of color in the social work field. ([Instagram](#) | [podcast](#))

[National Organization for People of Color Against Suicide](#), founded by suicide loss survivor, Dr. Donna Barnes, works to reduce the stigma of suicide prevention among communities of color through training and advocacy

[Ourselves Black](#) | A biannual, mental health resource magazine for the Black Community.

[Pretty Brown Girl's](#) mission is to empower Black and Brown girls while encouraging self-acceptance by cultivating social, emotional & intellectual well-being. ([Instagram](#))

[Sista Afya Community Mental Wellness](#) sustains the mental wellness of Black women through building community, sharing information, and connecting Black women to quality mental wellness services.

[Sharing Hope: Speaking with African Americans about Mental Health](#) an hour-long presentation that can help increase mental health awareness in African American communities by addressing a number of important topics | NAMI

[Transparent Black Girl](#) is a wellness collective shattering unconventional stigmas surrounding what it means to be well for black women.

[Therapy for Black Girls](#) is an online space dedicated to encouraging the mental wellness of Black women and girls. ([Twitter](#) | [Facebook](#) | [Podcast](#))

[Therapy for Black Men](#) is a directory to help men of color in their search for a therapist. ([Instagram](#))

[The Tupac Amaru Shakur Foundation](#) addresses mental health conditions and eradicates the effects of trauma on the Black community by providing access to therapeutic resources, creative arts, and education designed to support mental health, physical wellness, and overall development.

[12 Books on Mental and Emotional Health by Blackety Black Folks](#) | A reading list by Alexander Hardy

Specifically for the Asian American and Pacific Islander (AAPI) Community

[Asian American Psychological Association \(AAPA\)](#)'s mission is to advance the mental health and well-being of Asian American communities through research, professional practice, education, and policy.

BIPOC Behavioral Health Resources & Anti-Racist Actions for Allies

[Asian Mental Health Collective](#) | It is the mission of the Asian Mental Health Collective to normalize and de-stigmatize mental health within the Asian community.

[Asians Do Therapy](#) | Resources for Reducing Stigma and Increasing Accessibility; [Podcast](#)

[Asian Americans and Pacific Islanders \(AAPI\)](#) | NAMI

[Asian Americans/Pacific Islanders](#) | Anxiety & Depression Association of America

[Asian American/Pacific Islander Communities And Mental Health](#) | Mental Health America

[Asians for Mental Health](#) | Resources for the Asian community compiled by Jenny Wang, PhD ([Instagram](#))

[Destigmatizing Mental Health in Asian American and Pacific Islander Communities](#) | SAMHSA

[The Misfortune Cookies Podcast](#) | A space for Asian Americans to share their mental health stories while working to destigmatize conversations about the topic in the Asian American community.

[National Asian American Pacific Islander Mental Health Association \(NAAPIMHA\)](#) promotes the mental health and well-being of the Asian American and Pacific Islander communities. Since its founding, NAAPIMHA strives to raise awareness of the role of mental health in an individual's health and well-being, especially in Asian American Pacific Islander communities throughout the country.

[Project Lotus](#) is a youth-led organization working to challenge the model minority myth while empowering and educating the Asian American community on the importance of mental health. ([Instagram](#))

Specifically for the South Asian Community

[Brown Girl Trauma](#) | An online community aimed at destigmatizing mental illness and empowering others to seek mental health support. ([Instagram](#))

[The South Asian Mental Health Alliance \(SAMHAA\)](#) is a non-profit community network engaging, educating and mobilizing the BC South Asian community around issues related to mental health.

[South Asian Therapists](#) | Home of the largest global community of South Asian therapists, including therapists of Indian, Pakistani, Bangladeshi, Sri Lankan, Afghani and Nepali heritage. Here you can find culturally competent South Asian mental health professionals to help you get the support you're looking for. ([Instagram](#))

Specifically for the Native American and Indigenous Communities

[Behavioral Health](#) | The National Indian Health Board

[Behavioral Health Programs](#) | Johns Hopkins Center for American Indian Health

[The Indian Country Child Trauma Center \(ICCTC\)](#)

BIPOC Behavioral Health Resources & Anti-Racist Actions for Allies

[Indigenous](#) | NAMI

[Native and Indigenous Communities](#) | Anxiety & Depression Association of America

[Native And Indigenous Communities And Mental Health](#) | Mental Health America

[The Suicide Prevention Guide for American Indian and Alaska Native Communities](#) | One Sky Center

Specifically for the Hispanic/Latinx/Latine Community

[American Society of Hispanic Psychiatry \(ASHP\)](#) fosters multidisciplinary collaborations in mental health treatment with a particular focus on Latino Populations. Members are psychiatrists, psychologists, and other mental health workers.

[The Buena Salud Guide to Understanding Depression and Enjoying Life](#) | National Alliance for Hispanic Health

[Hispanic/Latinx](#) | NAMI

[Latina Psychologists: Thriving in the Cultural Borderlands](#) | Edited By Lillian Comas-Díaz, Carmen Inoa Vazquez

[Latinx/Hispanic Communities And Mental Health](#) | Mental Health America

[Latinx Therapy](#) | Latinx therapist directory, speaker finder, training, and mental health resources

[National Latino Behavioral Health Association \(NLBHA\)](#) was established to fill a need for a unified national voice for Latino populations in the behavioral health arena and to bring attention to the great disparities that exist in areas of access, utilization, practice-based research, and adequately trained personnel.

[Therapy for Latinx](#) is a directory of Latino/Latinx therapists

The Impact of Racism and Trauma on Mental and Physical Health

[Addressing Law Enforcement Violence as a Public Health Issue](#) | American Association of Public Health

[Adverse Community Experiences and Resilience: A Framework for Addressing and Preventing Community Trauma](#) | Prevention Institute

[The Allied Minds Co](#) | Dedicated to the intersection of mental health & social justice ([Instagram](#))

[Coping with Race-Related Stress](#) | University of Illinois Urbana-Champaign Counseling Center

[Discrimination stress and sleep disturbance: Health impacts on adolescents of color](#) | Tiffany Yip, PhD,

BIPOC Behavioral Health Resources & Anti-Racist Actions for Allies

American Psychological Association

[Double Jeopardy: COVID-19 and Behavioral Health Disparities for Black and Latino Communities in the U.S.](#) | SAMHSA

[Ending Structural Racism](#) | National Institutes of Health

[Free Racialized Trauma Course](#) | Cultural Somatics Institute

[Grief is a Direct Impact of Racism: Eight Ways to Support Yourself](#) | An article by global health professor Roberta K. Timothy.

[Healing the Hidden Wounds of Racial Trauma](#) | Kenneth V. Hardy

[How Racism, Trauma, and Mental Health Are Linked](#) | Christine Herman, Ph.D. & Shardé Smith, Ph.D.

[How Restorative Yoga Can Help Heal Racial Wounding](#) | Gail Parker

[The Impact of Racism on Child and Adolescent Health](#) | The American Academy of Pediatrics

[The Link Between Racism and PTSD](#) | Dr. Monnica T. Williams, Psychology Today

[Mending Racialized Trauma: A Body Centered Approach](#) | A conversation between Rebecca Wong and Resmaa Menakem

[My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies](#) | Resmaa Menakem, MSW, LICSW

[Nobody's Normal: How Culture Created the Stigma of Mental Illness](#) | Roy Richard Grinker

[Persistent Trauma of Systemic Racial Inequities and the Perils of COVID-19](#) | Anxiety & Depression Association of America

[The Public Health Problem of Racism: Conversations on the Intersection of Race & Mental health](#) | Podcast By The Becoming: Counseling & Wellness

[Race and Health](#) | The Harvard T.H. Chan School of Public Health

[Racism Deniers Make It Harder To Do This Incredible, Exhausting Work](#) | Mental Health America

[Racism is a threat to public health](#) | American Medical Association

[Racial Trauma: Education, Resources, and Support](#) | Mental Health America

[Racial Trauma and Self-Care in Tragedy](#) | A resource list by the University of North Texas.

[Racism and Health](#) | Centers for Disease Control and Prevention

[Racism and Violence: How to Help Kids Handle the News](#) | A conversation between Kenya Hameed, PsyD

BIPOC Behavioral Health Resources & Anti-Racist Actions for Allies

and Jamie Howard, Ph.D. of Child Mind Institute.

[Racism is Trauma](#) | Judith Sandalow, Executive Director, Children's Law Center

[Recovery Resources for Black and Immigrant Communities](#) | Mental Health America, video

[The Trauma of Racism](#) | New York University Silver School of Social Work

[Toolkits](#), for coping with the impact of racism, available in English and Spanish | Immigration, Critical Race, And Cultural Equity (IC-RACE) Lab

[Widening the Lens: Exploring the Role of Social Justice in Suicide Prevention - A Racial Equity Toolkit](#) | Massachusetts Coalition for Suicide Prevention

Specifically for the Black Community

['Bear Our Pain': The Plea For More Black Mental Health Workers](#) | NPR, Yuki Noguchi

[Black Americans experiencing collective trauma, grief](#) | By Kat Stafford, AP Press

[Black & African American Communities and Mental Health](#) | Mental Health America

[Black Men and Depression](#) | John Head

[Black Pain: It Just Looks Like We're Not Hurting](#) | Terrie M. Williams

[Brother, You're on My Mind: Changing the National Dialogue Regarding Mental Health Among African American Men](#) | Omega Psi Phi Fraternity, Inc., and NIMHD

[Decolonizing Therapy Instagram and Twitter](#) | Resources on healing ancestral trauma compiled by Dr. Jennifer Mullan, a clinical psychologist and community organizer.

[The Extra Stigma of Mental Illness for African-Americans](#) | Dana Givens, The New York Times

[Four questions for Wizdom Powell: The need for health equity for Black men and boys](#) | American Psychological Association

[Healing in Action: A Toolkit for Black Lives Matter Healing Justice & Direct Action](#) | A guide by Black Lives Matter Healing Justice Working Group on preparing for action, self-care during an action, and restoration and resilience after an action.

[Mental Health Tips for African Americans to Heal after Collectively Witnessing an Injustice](#) | A self-care video by Brandon J. Johnson, M.H.S.

[The Link Between Experiences of Racism and Stress and Anxiety for Black Americans: A Mindfulness and Acceptance-Based Coping Approach](#) | Jessica R. Graham-LoPresti, PhD, Tahirah Abdullah, PhD, Amber Calloway, MA, & Lindsey M. West, PhD, Anxiety.org

BIPOC Behavioral Health Resources & Anti-Racist Actions for Allies

[Links between racial discrimination, stress and health](#) | ScienceDaily

[My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies](#) | Resmaa Menakem, MSW, LICSW, SEP

[Post-Traumatic Blackness Disorder: The Mental Toll of Surviving Racism](#) | Michael Harriot, The Root

[Post Traumatic Slave Syndrome – America's Legacy of Enduring Injury and Healing](#) | Dr. Joy DeGruy

[Race Based Trauma Resources and Support in Times of Civil Strife](#) | Resources are collected and maintained by the Alexandria Department of Community and Human Services Racial Equity Core Team

[Racial Trauma is Real: The Impact of Police Shootings on African Americans](#) | Dr. Erlanger A. Turner & Jasmine Richardson

[Ring the Alarm: The Crisis of Black Youth Suicide in America](#) | The Congressional Black Caucus Emergency Task Force on Black Youth Suicide

[Representation Matters in Social Work: We Need More Black Therapists](#) | Relando Thompkins-Jones

[The Safe Place](#) | A minority mental health app geared specifically towards the black community.

[The Unapologetic Guide to Black Mental Health: Navigate an Unequal System, Learn Tools for Emotional Wellness, and Get the Help You Deserve](#) | Dr. Rheedea Walker

[Underrepresented: The Undeniable Link Between Race and Diagnosis, Treatment, and Wellness](#) | Aisha Beau Johnson

[44 Mental Health Resources for Black People Trying to Survive in This Country](#) | Zahra Barnes, Self Magazine

Specifically for the Asian American and Pacific Islander (AAPI) Community

[Amid attacks, Asian Americans challenge traditions that discourage speaking out, seeking therapy](#) | Marian Liu, The Washington Post

[COVID-19 Racism and Mental Health in Chinese American Families](#) | Charissa S.L. Cheah, Cixin Wang, Huiguang Ren, Xiaoli Zong, Hyun Su Cho and Xiaofang Xue, American Academy of Pediatrics

[The mental health impact of anti-Asian racism](#) | Zara Abrams, American Psychological Foundation

[Self-Care Tips For Asian Americans Dealing With Racism Amid Coronavirus](#) | Brittany Wong, HuffPost

[Surviving Racism Amidst Covid-19](#) | Yin J. Li, Medium

[Psychological Impact of Anti-Asian Stigma Due to the COVID-19 Pandemic: A Call for Research, Practice, and Policy Responses](#) | Supriya Misra email the author, PhuongThao D. Le, Emily Goldmann, Lawrence H. Yang, *Psychological Trauma: Theory, Research, Practice, and Policy*

BIPOC Behavioral Health Resources & Anti-Racist Actions for Allies

Specifically for the Native American and Indigenous Communities

[Historical Trauma: The Confluence of Mental Health and History in Native American Communities](#) | Brady Hummel; Medium

[Historical trauma and mental health in Indigenous communities](#) | Sasha Houston Brown; Blue Cross and Blue Shield of Minnesota

[The impact of historical trauma on American Indian health equity](#) | Ana Sandoiu; Medical News Today

[The Psychological Impact of Historical Trauma On the Native American People](#) | Tammy R. Barker; Regis University

Specifically for the Hispanic/Latinx/Latine Community

[The American Dream: Racism towards Latino/as in the U.S. and the experience of trauma symptoms](#) | Héctor L. Torres, Anita O'Connor, Claudia Mejía, Yvette Camacho. Alyse Long; The Chicago School of Professional Psychology

[Healing Ethno-Racial Trauma in Latinx Immigrant Communities: Cultivating Hope, Resistance, and Action](#) | Chavez-Dueñas, N. Y., Adames, H. Y., Perez-Chavez, J. G., & Salas, S. P.; American Psychologist

Resources for Health Providers

[Addressing Cultural Complexities in Practice: Assessment, Diagnosis, and Therapy, Third Edition](#) | Pamela A. Hays, PhD, American Psychological Association

[Addressing Systemic Racism in Action: Understanding the Mental Health Professionals' Tools for Change](#) | Kimberlye Dean, PhD and Luana Marques, PhD; Anxiety & Depression Association of America

[The Allied Minds Co](#) | Resources reading material (articles & websites), courses, videos, podcasts, and therapy resources

[Advancing Racial Justice in Addiction Medicine](#) | American Society of Addiction Medicine

[Being a racially responsive mental health practitioner](#) | Youth Access

[Behavioral Health Equity](#) | SAMHSA

[Black mental health matters](#) | Lindsey Phillips, American Counseling Association

[Can psychology really help address racism?](#) | Arthur C. Evans, Jr., PhD, American Psychological Association

BIPOC Behavioral Health Resources & Anti-Racist Actions for Allies

[Combating Anti- Blackness and White Supremacy in Organizations: Reccomendations for anti-racist actions in mental healthcare](#) | Babe Kawaii-Bouge

[Evidence-Based Practices and Best Practices for Native American Mental Health](#) | One Sky Center

[A Guide to the Forensic Assessment of Race-Based Traumatic Stress Reactions](#) | Robert T. Carter, PhD, and Jessica M. Forsyth, MA, EdM; *The Journal of the American Academy of Psychiatry and the Law*

[The historical roots of racial disparities in the mental health system](#) | Tahmi Perzichilli, American Counseling Association

[Inclusive Therapists Training](#) | Social-justice-oriented professional development

[Improving Cultural Competency for Behavioral Health Professionals \(Free Online Training\)](#) | HHS

[Internalized Oppression](#) | E.J.R. David, Ph.D.

[Liberation Psychology: Theory, Method, Practice, and Social Justice](#) | Edited by Lillian Comas-Díaz and Edil Torres Rivera; American Psychological Association

[Measurement-based assessments for racial trauma](#) | Laboratory for Culture and Mental Health Disparities (CMHD)

[Mental Health & Substance Abuse Resource Guide for Asian American and Pacific Islander \(AAPI\) Communities](#) | Association of Asian Pacific Community Health Organizations (AAPCHO)

[Opinion: I thought I was an antiracist therapist. Then I looked more closely.](#) | Lori Gottlieb, *The Washington Post*

[The Psychology of Oppression](#) | E.J.R. David, Ph.D.

[Publications for Clinicians](#) | Immigration, Critical Race, And Cultural Equity (IC-RACE) Lab

[Racial Justice Resources for MFTs](#) | American Association for Marriage and Family Therapy

[Racial Trauma & PTSD Reading List, Race Matters in Understanding Mental Health and Trauma](#) | Compiled by Monnica T. Williams, Ph.D.

[Racism](#) | American Counseling Association

[Race and Ethnicity](#) | American Psychological Association

[Reimagining mental health for BIPOC communities](#) | Tori DeAngelis; American Psychological Association

[Resources for MFTs in a Racialized Climate](#) | American Association for Marriage and Family Therapy

[Social Work is a White Supremacist Organization Too](#) | Angela Tona

BIPOC Behavioral Health Resources & Anti-Racist Actions for Allies

[Social Workers Must Take Action Against Racism](#) | National Association of Social Workers

[Talking With White Clients About Race](#) | David Drustrup

[Treating Mental Health in the Black Community](#) | SimplePractice

[Understanding Racial Trauma-Informed Interventions](#) | Alexandra Pajak, LCSW, Social Work Today

[Uncovering the Trauma of Racism: New Tools for Clinicians](#) | Dr. Monnica T. Williams, Psychology Today

[Unmasking White supremacy and racism in the counseling profession](#) By Patricia Arredondo | Michael D'Andrea and Courtland LeeSep; American Counseling Association

[We Need To Talk About Black Therapist Burnout](#) | Dr. Jessica Gold, Forbes

[What do clinicians do? Addressing white clients' racist comments in the therapy room](#) | Dissertation by Melissa J. King, Southern Illinois University Carbondale

[10 Ways White Therapists Can Address Racism in Therapy With Black Clients](#) | Zencare

[Multicultural education in the mental health professions: A meta-analytic review](#) | Timothy B. Smith, Madonna G. Constantine, Todd W. Dunn, Jared M. Dinehart, and Jared A. Montoya

Learn and Take Action Against Racism

[America's long history of scapegoating its Asian citizens](#) | Nina Stochlic; National Geographic

[The Anatomy of White Guilt](#) | A paper from the Unitarian Universalist Association.

[After Atlanta: Teaching About Asian American Identity and History](#) | Elizabeth Kleinrock; Learning for Justice

[Anti-Asian Violence Resources](#) | Resources that have been gathered to help individuals educate others, take action, donate, and more.

[Attacks against Asian Americans are on the rise. Here's what you can do](#) | Ashley Vaughan, CNN

[Being Antiracist](#) | Information and activities from the Smithsonian National Museum of African American History & Culture.

[Biased: Uncovering the Hidden Prejudice That Shapes What We See, Think, and Do](#) by Jennifer Eberhardt

[Bystander Intervention Guide](#) | Hollaback!

[Check Your Privilege](#) | A global movement that supports individuals on their journey of becoming actively anti-racist.

BIPOC Behavioral Health Resources & Anti-Racist Actions for Allies

[The Chinese Exclusion Act](#) | Documentary by PBS

[The Comprehensive Guide to Anti-Racism Resources](#) | A guide for anti-racism supports — articles, videos, podcasts, books, films, resources for parents, and more — created by Sarah Sophie Flicker and Alyssa Klein.

[COVID-19 - Racial Equity and Social Justice Resources](#) | A very comprehensive list of resources compiled by Racial Equity Tools

[The Cycle of Liberation](#) | A chapter written by Bobbie Harro for *Readings for Diversity and Social Justice*.

[The Cycle of Socialization](#) | A chapter written by Bobbie Harro for *Teaching for Diversity and Social Justice*.

[Dismantling Racism: A Resource Book for Social Change Groups](#) | Western States Center

[Donating, Volunteering, Reporting Hate Incidents: Here's How to Help Combat Anti-Asian Violence](#) | Kat Moon, Time

[Dying of Whiteness: How the Politics of Racial Resentment Is Killing America's Heartland](#) | Jonathan Metzl

[The Emotional Lives of White People](#) | A paper from the Unitarian Universalist Association

[How to Be An Antiracist](#) | Ibram X. Kendi

[Ijeoma Oluo: "So You Want to Talk About Race"](#) | Talks at Google

[Implicit Association Test \(IAT\)](#) | An assessment to uncover subconscious biases

[Institutionalized Racism: A Syllabus](#) | JSTOR Daily, by Catherine Halley

[Just Mercy: A Story of Justice and Redemption](#) | Bryan Stevenson

[Microintervention Strategies: What You Can Do to Disarm and Dismantle Individual and Systemic Racism and Bias](#) | Derald Wing Sue, Cassandra Z. Calle, Narolyn Mendez, Sarah Alsaïdi, Elizabeth Glaeser

[Mindful of Race: Transforming Racism from the Inside Out](#) | Ruth King

[Mona Chalab](#) | An [Instagram](#) account with visual representations of data on social issues, including race

[Model Minority: Uniquely American](#) | Podcast by Nidhi Shastri

[The myth of closing the racial wealth gap through "stronger families"](#) | Dion Rabouin, Axios

[The New Jim Crow: Mass Incarceration in the Age of Colorblindness](#) | Michelle Alexander

[NAPABA Hate Crimes Task Force and Pro Bono Legal Resources](#) | National Asian Pacific American Bar Association

[Pedagogy of the Oppressed](#) | Paulo Freire

BIPOC Behavioral Health Resources & Anti-Racist Actions for Allies

[The Racial Healing Handbook: Practical Activities to Help You Challenge Privilege, Confront Systemic Racism, and Engage in Collective Healing](#) | Dr. Anneliese A. Singh.

[Racial Equity Tools](#) | Tools, research, tips, curricula, and ideas for people who want to increase their own understanding and to help those working for racial justice at every level – in systems, organizations, communities, and the culture at large.

[Resources](#) | A comprehensive list of resources on becoming anti-racist for White allies compiled by Robin DiAngelo, author of *White Fragility*, including tools and information for parents and educators

[Scaffolded Anti-Racist Resources](#) | A working document for scaffolding anti-racism resources. The goal is to facilitate growth for white folks to become allies, and eventually accomplices for anti-racist work.

[So You Want to Talk About Race](#) | Ijeoma Oluo

[Stamped from the Beginning The Definitive History of Racist Ideas in America](#) | Jason Reynolds and Ibram X. Kendi

[Stop Asian Hate](#) | There has been a wave of Anti-Asian Violence since the start of Covid-19 here are some resources to Help Support the Asian Community

[Stop AAPI Hate reporting center](#) | Asian Pacific Planning and Policy Council (A3PCON), Chinese for Affirmative Action (CAA), and the Asian American Studies Department of San Francisco State University

[Stories](#) | Lived experiences of racism; Asian Americans Advancing Justice

[Toward a Racially Just Workplace](#) | A Harvard Business Review article by Laura Morgan Roberts & Anthony J. Mayo.

[Unmasking Yellow Peril](#) | A free colorful zine full of archival images, forgotten histories, and critical analysis. Unmasking Yellow Peril is a collaboration between 18 Million Rising and the Asian and Asian American Studies Institute at the University of Connecticut.

[What it means to be an anti-racist employer](#) | NBC

[When They Call You a Terrorist: A Black Lives Matter Memoir](#) | Patrisse Khan-Cullors and Asha Bandele

[System of White Supremacy and White Privilege](#) | A comprehensive list of resources for allyship compiled by Racial Equity Tools

[White Fragility: Why It's So Hard For White People To Talk About Racism](#) | Robin DiAngelo

[Why Are All the Black Kids Sitting Together in the Cafeteria? And Other Conversations About Race](#) | Beverly Daniel Tatum

[Why you should stop saying "all lives matter," explained in 9 different ways](#) | German Lopez, Vox

[Why we must talk about the Asian-American story, too](#) | Brando Simeo Starkey, The Undeclared

BIPOC Behavioral Health Resources & Anti-Racist Actions for Allies

[5 Tips for Being an Ally](#) | A video by Francesca Ramsey (@chescaleigh)

[13th](#) | A documentary directed by Ava Duvernay on how the country's history of racial inequality drives the high rate of incarceration in America.

[61 Ways to Donate in Support of Asian Communities](#) | The Strategist

[75 Things White People Can Do for Racial Justice](#) | Corinne Shutack

For educators and parents

[Addressing Race and Trauma in the Classroom: A Resource for Educators](#) | The National Child Traumatic Stress Network

[Beyond the Golden Rule A Parent's Guide to Preventing and Responding to Prejudice](#) | Teaching Tolerance

[Combating AAPI Hate in Age of COVID-19: An Educational Curriculum for Our Students as Hate Crimes Increase During COVID-19](#) | California Faculty Association

The Conscious Kid: An [Instagram](#) account and [Patreon](#) site with information on parenting and education through a critical race lens.

[Countering Coronavirus Stigma and Racism: Tips for Teachers and Other Educators](#) | National Association of School Psychologists

[Learning for Justice](#) provides free resources to educators—teachers, administrators, counselors and other practitioners—who work with children from kindergarten through high school.

[Racism and Violence: How to Help Kids Handle the News](#) — [Racismo y violencia: cómo ayudar a los niños a sobrellevar las noticias](#) | Child Mind Institute

[Resources to Dismantle Racism Against the Asian American Community](#) | Resources to Dismantle Racism Against the Asian American Community

[Social Justice Resources: They're Not Too Young to Talk About Race](#) | The Children's Community School

[Social Justice: Resources for Talking with Your Children](#) | Glazer Children's Museum

[Talking About Race](#) | National Museum of African American History & Culture

[Talking to Children About Racial Bias](#) | by Ashaunta Anderson, MD, MPH, MSHS, FAAP & Jacqueline Dougé, MD, MPH, FAAP; American Academy of Pediatrics

[Tolerance Lesson: Talking About Race and Racism \(Grade Level 9-12\)](#) | Teaching Tolerance

[Yellow Peril Teach-In Resources](#) | Resources to Address Coronavirus Racism, compiled by Jason Oliver Chang, an Associate Professor of History and Asian American Studies at the University of Connecticut

BIPOC Behavioral Health Resources & Anti-Racist Actions for Allies

Young, Proud, and Sung-jee: A Children's Book on Fighting Anti-Asian Racism During COVID-19

Organizations Working Toward Racial Equity and Social Justice

[AAPI Women Lead and #ImReady Movement](#) aims to strengthen the progressive political and social platforms of Asian and Pacific Islander communities in the US through the leadership of self-identified AAPI women and girls.

[Asian Americans Advancing Justice](#) advocates for an America in which all Americans can benefit equally from, and contribute to, the American dream, advance the civil and human rights for Asian Americans, and to build and promote a fair and equitable society for all.

[Asian American Feminist Collective](#) is an ever-evolving practice that seeks to address the multi-dimensional ways Asian/American people confront systems of power at the intersections of race, gender, class, sexuality, religion, disability, migration history, citizenship, and immigration status.

[Asian American LEAD](#)'s mission is to support low-income and underserved Asian Pacific American youth with educational empowerment, identity development, and leadership opportunities through after-school, summer, and mentoring programs.

[The Asian American Legal Defense and Education Fund](#) is a national organization founded in 1974, protects and promotes the civil rights of Asian Americans.

[The Bail Project](#) is a non-profit organization designed to combat mass incarceration by disrupting the money bail system – one person at a time.

[Black Futures Lab](#) works with Black people to transform our communities, building Black political power and changing the way that power operates—locally, statewide, and nationally.

The [Black Women's Health Imperative](#) is dedicated to promoting physical, mental, and spiritual health and well-being for the nation's African American women and girls.

[Blue Meridian's Justice and Mobility Fund](#) is a philanthropic collaboration that aims to boost economic mobility and improve the life trajectories of people impacted by the criminal justice system.

[Campaign Zero](#) advocates for local, state, and federal lawmakers to take immediate action to adopt data-driven policy solutions to end violence and hold police accountable.

[Center for Policing Equity](#) works to simultaneously aid police departments to realize their own equity goals as well as advance the scientific understanding of issues of equity within organizations and policing.

[Color of Change](#) designs campaigns powerful enough to end practices that unfairly hold Black people back, and champion solutions that move us all forward.

[Demos](#) is a dynamic "think-and-do" tank that powers the movement for a just, inclusive, multiracial

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democracy.

[The Equal Justice Initiative](#) is committed to ending mass incarceration and excessive punishment in the United States, to challenging racial and economic injustice, and to protecting basic human rights for the most vulnerable people in American society.

[GirlTrek](#) is the largest public health nonprofit for African-American women and girls in the United States. With nearly 100,000 neighborhood walkers, GirlTrek encourages women to use walking as a practical first step to inspire healthy living, families, and communities.

[Hollaback!](#) is a global, people-powered movement to end harassment — in all its forms.

[MANA, A National Latina Organization](#) contributes the leading Latina voice on many of the major issues in the public sphere, particularly in the areas of education, health and well-being, financial literacy, equal and civil rights, and immigration reform.

[Movement for Black Lives](#) is an ecosystem of individuals and organizations creating a shared vision and policy agenda to win rights, recognition, and resources for Black people. In doing so, the movement makes it possible for us, and therefore everyone, to live healthy and fruitful lives.

[My Brother's Keeper Cares](#) strives to remain a consistent support network that people can relate to and rely on within the urban environment.

[The NAACP Legal Defense Fund](#) is America's premier legal organization fighting for racial justice. Through litigation, advocacy, and public education, LDF seeks structural changes to expand democracy, eliminate disparities, and achieve racial justice in a society that fulfills the promise of equality for all Americans.

[The National Black Justice Coalition](#) is a civil rights organization dedicated to the empowerment of Black lesbian, gay, bisexual, transgender, queer and same gender loving (LGBTQ/SGL) people, including people living with HIV/AIDS. NBJC's mission is to end racism, homophobia, and LGBTQ/SGL bias and stigma.

[The National Queer Asian Pacific Islander Alliance \(NQAPIA\)](#) is a federation of lesbian, gay, bisexual, and transgender (LGBT) Asian American, South Asian, Southeast Asian, and Pacific Islander (AAPI) organizations. We seek to build the organizational capacity of local LGBT AAPI groups, develop leadership, promote visibility, educate our community, enhance grassroots organizing, expand collaborations, and challenge anti-LGBTQ bias and racism.

[One Sky Center](#) is a National Resource Center for American Indian and Alaska Native Health, Education and Research. It is dedicated to quality health care across Indian Country.

[Pink Ladoo Project](#) works to eliminate the social ills stemming from patriarchy and misogyny by dismantling the sexist customs and traditions that hold them together, focusing on changing South Asian cultural traditions.

[The Southern Poverty Law Center](#)'s mission is to work towards racial justice in the South and beyond,

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working in partnership with communities to dismantle white supremacy, strengthen intersectional movements, and advance the human rights of all people.

UNITY's mission is to foster the spiritual, mental, physical, and social development of American Indian and Alaska Native youth, and to help build a strong, unified, and self-reliant Native America through greater youth involvement.

Vera Institute for Justice works to urgently build and improve justice systems that ensure fairness, promote safety, and strengthen communities.

We R Native is a comprehensive health resource for Native youth, by Native youth, providing content and stories about the topics that matter most to them, promoting holistic health and positive growth in our local communities and nation at large.

18 Million Rising (18MR) brings Asian American communities together online and offline to reimagine Asian American identity with nuance, specificity, and power.

LGBTQ+ Mental Health Resources & Actions for Allies

To suggest additional materials and resources, please reach out to info@psychhub.com

Find a comprehensive library of free mental health videos that may help to further educate on topics of mental health, substance use, and suicide prevention at www.psychhub.com