Here are just a few resources you can use to start to understand the impact of and to take meaningful action against racism.

**How can I talk to my kids about racism and protests?**

https://safespaceradio.com/talking-to-white-kids-about-race-racism/
https://www.tolerance.org/sites/default/files/general/beyond_golden_rule.pdf

**How are children impacted by racism?**


**Mental health resources for POC**

https://themighty.com/2020/06/mental-health-resources-people-of-color/

**Understanding the impact of racism on mental health**

https://ct.counseling.org/2020/05/the-historical-roots-of-racial-disparities-in-the-mental-health-system/

**How to educate for anti-racism and celebrate diversity in schools**

https://www.safeatschool.ca/resources/resources-on-equity-and-inclusion/racism/tool-kits-and-activities
https://www.tolerance.org/topics/race-ethnicity

**Therapist directories for BIPOC** (try searching in your geographic area for more local results)

https://providers.therapyforblackgirls.com/
http://www.therapyincolor.org/

**Cultural and racial competency for mental health professionals**

https://forge.medium.com/how-to-find-a-culturally-responsive-therapist-ca3b372c4c09

**How can white people fight racism?**

https://bthechange.com/4-steps-we-can-take-as-white-people-to-fight-racism-a582e826eb92
Organizations working in the field of racial equity that need your support

http://www.racialequityresourceguide.org/organizations/organizations/sectionFilter/Racial%20Healing