

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://www.nytimes.com/2020/06/02/parenting/kids-books-racism-protest.html>  
<https://safespaceradio.com/talking-to-white-kids-about-race-racism/>  
<https://www.npr.org/2019/04/24/716700866/talking-race-with-young-children>  
[https://www.tolerance.org/sites/default/files/general/beyond\\_golden\\_rule.pdf](https://www.tolerance.org/sites/default/files/general/beyond_golden_rule.pdf)

### **How are children impacted by racism?**

<https://www.nytimes.com/2019/08/12/well/family/the-impact-of-racism-on-childrens-health.html>

### **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.adl.org/education/resources/tools-and-strategies/how-should-i-talk-about-race-in-my-mostly-white-classroom>  
<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://www.nami.org/Blogs/NAMI-Blog/July-2019/Why-We-Need-More-Culturally-Competent-Therapists>  
<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>