

Articles



Based on insights from experts in Black mental health, Psych Hub has compiled a [list of resources](#) for understanding the intersection of race, racism, and mental health and how you can combat racism in your community.



AMERICAN
PSYCHOLOGICAL
ASSOCIATION

[Equity Resources](#) from the American Psychological Association.

The 10 Commitments Companies Must Make to Advance Racial Justice:

<https://hbr.org/2020/06/the-10-commitments-companies-must-make-to-advance-racial-justice>

Confronting Racism at Work:

<https://hbr.org/2020/06/confronting-racism-at-work-a-reading-list>

U.S. Businesses Must Take Meaningful Action Against Racism:

<https://hbr.org/2020/06/u-s-businesses-must-take-meaningful-action-against-racism>

Talking About Racial Inequality at Work Is Difficult:

<https://www.msn.com/en-us/finance/companies/talking-about-racial-inequality-at-work-is-difficult-e2-80-94here-are-tips-to-do-it-thoughtfully/ar-BB155JB9>

Taking Steps to Address Racism in the Workplace:

<https://www.shrm.org/resourcesandtools/hr-topics/behavioral-competencies/global-and-cultural-effectiveness/pages/taking-steps-to-eliminate-racism-in-the-workplace.aspx>

Understanding Racism Inequality in America:

<https://www.washingtonpost.com/nation/2020/06/08/understanding-racism-inequality-america/?arc404=true>

U.S. Health and Human Services Action Plan to Reduce Racial and Ethnic Health Disparities

https://minorityhealth.hhs.gov/npa/files/Plans/HHS/HHS_Plan_complete.pdf

COVID-19 and Race:

<https://www.scientificamerican.com/article/why-racism-not-race-is-a-risk-factor-for-dying-of-covid-19/>



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RESOURCES FOR DISCUSSIONS ABOUT RACE

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Dimensions of Racism:

<https://www.ohchr.org/Documents/Publications/DimensionsRacismen.pdf>

How Teachers Learn to Discuss Racism:

<https://www.theatlantic.com/education/archive/2017/01/how-teachers-learn-to-discuss-racism/512474/>

Can Science Help People Unlearn Their Unconscious Biases?:

<http://www.smithsonianmag.com/science-nature/can-science-help-people-unlearn-their-unconscious-biases-180955789/>

Can You Unlearn Racism By Re-training Your Brain?:

<https://www.bustle.com/articles/184790-can-you-unlearn-racism-by-re-training-your-brain>

How Do We Unlearn Racism?:

<http://www.complex.com/life/2016/11/how-do-we-unlearn-racism>

5 key anti-racism resources for teachers:

<https://www.chalkbeat.org/posts/us/2017/08/14/5-key-anti-racism-resources-for-teachers-courtesy-of-charlottesvillecurriculum/>

Racism in America: It's so pervasive that white people pay less for car insurance:

http://www.salon.com/2017/04/07/racism-in-america-its-so-pervasive-that-white-people-pay-less-for-car-insurance_partner/

Racial Progress Is Real. But So Is Racist Progress:

<https://www.nytimes.com/2017/01/21/opinion/sunday/racial-progress-is-real-but-so-is-racist-progress.html?mcubz=0>

White Anti-Racism: Living the Legacy:

<https://www.tolerance.org/professional-development/white-antiracism-living-the-legacy>



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How Can Boards Join the Movement for Racial Justice? (slides):

<https://f.hubspotusercontent40.net/hubfs/407546/Webinars/Slides/Final-Beyond%20the%20Board%20Statement.pdf>

AWAKE to WOKE to WORK: Building a Race Equity Culture:

<https://www.equityinthecenter.org/wp-content/uploads/2019/04/Equity-in-Center-Awake-Woke-Work-2019-final-1.pdf>

Race to Lead: The nonprofit sector has a racial leadership gap.

<https://buildingmovement.org/our-work/leadership/race-to-lead/>

The Groundwater Approach: Building a practical understanding of structural racism

<https://www.racialequityinstitute.com/groundwaterapproach>

Videos:

Courage is Contagious:

https://www.ted.com/talks/damon_davis_courage_is_contagious/up-next?referrer=playlist-talks_to_help_you_understand_r

The Look:

<https://youtu.be/aC7lbdD1hq0>

The Talk:

<https://www.youtube.com/watch?v=XPI3hZgFaLM>

The Choice:

<https://www.youtube.com/watch?v=U7bnS8R994I>

How to Raise a Black Son in America:



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<https://www.ted.com/talks/clint-smith-how-to-raise-a-black-son-in-america?language=en>

Color Blind or Color Brave:

<https://www.ted.com/talks/melody-hobson-color-blind-or-color-brave?language=en>

A Conversation About Growing Up Black:

<https://www.youtube.com/watch?v=rSAw51caEeg>

26 Mini-Films For Exploring Race, Identity and Bias:

<https://www.nytimes.com/2017/03/15/learning/lesson-plans/25-mini-films-for-exploring-race-bias-and-identity-with-students.html>

How Can Boards Join the Movement for Racial Justice? (Part One):

<https://nonprofitquarterly.org/beyond-the-board-statement-how-can-boards-join-the-movement-for-racial-justice-part-one/>

Ibram X. Kendi, Robin DiAngelo discuss race in America:

<https://sports.yahoo.com/ibram-x-kendi-robin-diangelo-023712414.html?src=rss>

Authors Robin DiAngelo and Ibram X. Kendi on how to become aware of privilege:

<https://www.cbsnews.com/video/authors-robin-diangelo-and-ibram-x-kendi-on-how-to-become-aware-of-privilege/#x>

Training Resources

Crucial Conversations:

<https://www.vitalSMARTS.com/crucial-conversations-training/>

Race Forward:

<https://www.raceforward.org/trainings>

Everyday Democracy:



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https://www.everyday-democracy.org/sites/default/files/attachments/2019%20Facing-Racism-in-a-Diverse-Nation_Everyday-Democracy%202019%20revision.pdf

The Winters Group:

<https://www.wintersgroup.com/wp-content/uploads/2019/07/Addressing-Race-and-Racism-in-the-Workplace.pdf>

The WK Kellogg Foundation:

<http://www.racialequityresourceguide.org/guides/guides-and-workshops>