

## *Resources to Fight Racial Injustice*



### **Ways to engage beyond the streets:**

[https://issuu.com/nlc.sf.2014/docs/beyondthestreets\\_final](https://issuu.com/nlc.sf.2014/docs/beyondthestreets_final)

[A Few Small Tips for attending Your First Protest March](#)

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### **Articles to read:**

- [“America’s Racial Contract Is Killing Us”](#) by Adam Serwer | Atlantic (May 8, 2020)
  - [Ella Baker and the Black Freedom Movement \(Mentoring a New Generation of Activists\)](#)
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### **Videos to watch:**

- [Black Feminism & the Movement for Black Lives: Barbara Smith, Reina Gossett, Charlene Carruthers \(50:48\)](#)
  - ["How Studying Privilege Systems Can Strengthen Compassion"](#) | Peggy McIntosh at TEDxTimberlaneSchools (18:26)
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### **Podcasts to subscribe to:**

- [1619 \(New York Times\)](#)
- [About Race](#)
- [Code Switch \(NPR\)](#)
- [Intersectionality Matters! hosted by Kimberlé Crenshaw](#)
- [Momentum: A Race Forward Podcast](#)
- [Pod For The Cause \(from The Leadership Conference on Civil & Human Rights\)](#)
- [Pod Save the People \(Crooked Media\)](#)

- [Emmanuel Acho, An Uncomfortable Conversation with a Black Man](#)

## Films and TV series to watch:

**13th (Ava DuVernay)**

— Netflix

**American Son (Kenny Leon)** —

Netflix

**Black Power Mixtape: 1967-1975** —

Available to rent

**Blindspotting (Carlos López Estrada)** —

Hulu with Cinemax or available to rent

**Clemency (Chinonye Chukwu)** — Available to rent

**Dear White People (Justin Simien)** —

Netflix

**Fruitvale Station (Ryan Coogler)** —

Available to rent

**I Am Not Your Negro (James Baldwin doc)**

— Available to rent or on Kanopy

**If Beale Street Could Talk (Barry Jenkins)**

— Hulu

**Just Mercy (Destin Daniel Cretton)** —

Available to rent for free in June in the U.S.

**King In The Wilderness** — HBO

**See You Yesterday (Stefon Bristol)** —

Netflix

**Selma (Ava DuVernay)** —

Available to rent

**The Black Panthers: Vanguard of the Revolution** —

Available to rent

**The Hate U Give (George Tillman Jr.)**

— Hulu with Cinemax

**When They See Us (Ava DuVernay)** —

Netflix

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## Books to read:

- [Black Feminist Thought](#) by Patricia Hill Collins
- [Eloquent Rage: A Black Feminist Discovers Her Superpower](#) by Dr. Brittney Cooper
- [Heavy: An American Memoir](#) by Kiese Laymon
- [How To Be An Antiracist](#) by Dr. Ibram X. Kendi
- [I Know Why the Caged Bird Sings](#) by Maya Angelou
- [Just Mercy](#) by Bryan Stevenson
- [Me and White Supremacy](#) by Layla F. Saad
- [Raising Our Hands](#) by Jenna Arnold
- [Redefining Realness](#) by Janet Mock
- [Sister Outsider](#) by Audre Lorde

- [So You Want to Talk About Race](#) by Ijeoma Oluo
- [The Bluest Eye](#) by Toni Morrison
- [The Fire Next Time](#) by James Baldwin
- [The New Jim Crow: Mass Incarceration in the Age of Colorblindness](#)  
by Michelle Alexander
- [White Fragility: Why It's So Hard for White People to Talk About Racism](#) by Robin DiAngelo, PhD



## Practical Ways to Manage the Impact of Racial Trauma

- Don't apologize for being impacted/affected  
You do not need to apologize or minimize the impact of racial trauma. Full acknowledgement of what is happening to you is a vital part of the healing process.
- Honor your emotions  
Many of us have learned to stuff and avoid feeling our emotions as a means of survival. During times of repeated trauma exposure, it is necessary to carve out moments to allow yourself to feel what you feel without apologies.
- Take slow, deep breaths  
Trauma, of any kind, activates your nervous system's fight/flight/freeze responses. Slow, deep breaths can help to press the brakes on your brain to help you regain control of your body.
- Limit exposure and engagement, as needed  
Know your limits. Repeated trauma exposure can severely impact your mood, mental health, and emotional stability. Take breaks from activities (i.e. activism, advocacy, news, social media, etc.) that repeatedly expose you to traumatizing content, info, and images.
- Choose safe ways to become involved  
If you can manage it emotionally, mentally, and physically, it might be helpful to work through race-related stress by becoming involved in activism, advocacy, and healing efforts. But, know your limits!

## Resources: Talk to Someone

Wellesley College Stone Center Counseling Services: <https://www.wellesley.edu/counseling>

Inclusive Therapists <https://linktr.ee/inclusivetherapists>

Crisis Text Line: Text CONNECT to 741741

Text STEVE to 741741 to access a culturally trained Crisis Text Line Counselor

NAMI HelpLine: 1.800.950.NAMI

National Suicide Prevention Hotline: 1.800.273.8255

SAMHSA Treatment Referral Hotline: 1.877.726.4727

Trans LifeLine: 877.565.8860

Trevor Project: 866.488.7386 or text TREVOR to 1.202.304.1200

## Learn: Race & Mental Health

The Steve Fund: Dedicated to the Mental Health and Emotional Well-being of BIPOC Students

<https://www.stevelfund.org/>

Project LETS : LetsEraseTheStigma

<https://www.letserasethestigma.com/race-and-mental-health>

[www.letserasethestigma.com/african-american-communities](http://www.letserasethestigma.com/african-american-communities)

Black Emotional and Mental Health Collective

<https://www.beam.community/>

Global Black Community and Mental Health

<http://www.thesiweproject.org/>

Harriet Tubman Collective

<https://harriettubmancollective.tumblr.com/>

## Act: Empower Yourself and Others

Donate to 40+ Bail Funds [https://secure.actblue.com/donate/bail\\_funds\\_george\\_floyd](https://secure.actblue.com/donate/bail_funds_george_floyd)

NAACP <https://www.naacp.org/>

ACLU Take Action <https://www.aclu.org/action/>

Massachusetts

- If you experience discrimination from a **Boston Police officer**, please file a complaint here: <https://bpdnews.com/commend-an-officer-1/> If you prefer to contact the Internal Affairs Division directly by phone to file a complaint, please call 617-343-4320, Monday through Friday, 9:00 a.m. to 5:00 p.m.
- Civil Rights Hotline: non-emergency 24-Hour Hotline for reporting civil rights incidents (617) 695-3531.