

# Anti-Racism and Mental Health Resources

In light of current events, we have put together a set of anti-racism resources to promote effective allyship and mental health.

This resource hub is divided into the following sections:

- Learn about the history and effects of racism
- Donate money to organizations, victims, protestors, and Black-owned businesses.
- Take action to support racial justice and equality
- Access mental health resources and learn about the effects of racism on mental health

## Learn

Resource	Type	Description
Before You Call the Cops	Video	A powerful video from the Tyler Merritt Project.
White Fragility	Book	"Referring to the defensive moves that white people make when challenged racially, white fragility is characterized by emotions such as anger, fear, and guilt, and by behaviors including argumentation and silence. These behaviors, in turn, function to reinstate white racial equilibrium and prevent any meaningful cross-racial dialogue. In this in-depth exploration, DiAngelo examines how white fragility develops, how it protects racial inequality, and what we can do to engage more constructively."
black&	Podcast	Biracial, millennial, brother-sister duo, Johnathan and April Perkins, speak candidly about racism, white people, and what to do next. black& focuses on current events and social issues through the lens of race and racism.
Comprehensive Anti-racism Guide	Doc	This document is intended to serve as a resource to white people and parents to deepen our anti-racism work. If you haven't engaged in anti-racism work in the past, start now.
Stamped from the Beginning	Book	"In this deeply researched and fast-moving narrative, Kendi chronicles the entire story of anti-Black racist ideas and their staggering power over the course of American history."
So You Want to Talk About Race	Book	"A current, constructive, and actionable exploration of today's racial landscape, offering straightforward clarity that readers of all races need to contribute to the dismantling of the racial divide."
A People's History of the United States	Book	"Presents the history of the United States from the point of view of those who were exploited in the name of American progress."
The Burning House	Book	"In this dramatic reexamination of the Jim Crow South, Anders Walker demonstrates that racial segregation fostered not simply terror and violence, but also diversity, one of our most celebrated ideals."
The New Jim Crow	Book	"With dazzling candor, legal scholar Michelle Alexander argues that "we have not ended racial caste in America; we have merely redesigned it." By targeting black men through the War on Drugs and decimating communities of color, the U.S. criminal justice system functions as a contemporary system of racial control—relegating millions to a permanent second-class status—even as it formally adheres to the principle of colorblindness."
Dying of Whiteness	Book	"With the rise of the Tea Party and the election of Donald Trump, many middle- and lower-income white Americans threw their support behind conservative politicians who pledged to make life great again for people like them. But as Dying of Whiteness shows, the right-wing policies that resulted from this white backlash put these voters' very health at risk--and, in the end, threaten everyone's well-being."
A Different Mirror	Book	"Upon its first publication, A Different Mirror was hailed by critics and academics everywhere as a dramatic new retelling of our nation's past. Beginning with the colonization of the New World, it recounted the history of America in the voice of the non-Anglo peoples of the United States--Native Americans, African Americans, Jews, Irish Americans, Asian Americans, Latinos, and others--groups who helped create this country's rich mosaic"
How to Be an Antiracist	Book	"Antiracism is a transformative concept that reorients and reenergizes the conversation about racism--and, even more fundamentally, points us toward liberating new ways of thinking about ourselves and each other."
Nobody	Book	"A leading intellect in America presents a powerful, thought-provoking analysis of deeper meaning behind the string of deaths of unarmed citizens like Michael Brown, Eric Garner, and Freddie Gray--providing important insights on the intersection of race and class in America today"

Lies My Teacher Told Me	Book	"Since its first publication in 1995, Lies My Teacher Told Me has become one of the most important--and successful--history books of our time. Having sold nearly two million copies, the book also won an American Book Award and the Oliver Cromwell Cox Award for Distinguished Anti-Racist Scholarship and was heralded on the front page of the New York Times in the summer of 2006. For this new edition, Loewen has added a new preface that shows how inadequate history courses in high school help produce adult Americans who think Donald Trump can solve their problems, and calls out academic historians for abandoning the concept of truth in a misguided effort to be "objective." "
Why Are All The Black Kids Sitting Together in the Cafeteria?	Book	"Walk into any racially mixed high school and you will see Black, White, and Latino youth clustered in their own groups. Is this self-segregation a problem to address or a coping strategy? Beverly Daniel Tatum, a renowned authority on the psychology of racism, argues that straight talk about our racial identities is essential if we are serious about enabling communication across racial and ethnic divides. These topics have only become more urgent as the national conversation about race is increasingly acrimonious. This fully revised edition is essential reading for anyone seeking to understand the dynamics of race in America."
The Color of Law	Book	"Exploding the myth of de facto segregation arising from private prejudice or the unintended consequences of economic forces, Rothstein describes how the American government systematically imposed residential segregation: with undisguised racial zoning; public housing that purposefully segregated previously mixed communities; subsidies for builders to create whites-only suburbs; tax exemptions for institutions that enforced segregation; and support for violent resistance to African Americans in white neighborhoods. A groundbreaking, "virtually indispensable" study that has already transformed our understanding of twentieth-century urban history (Chicago Daily Observer), The Color of Law forces us to face the obligation to remedy our unconstitutional past."
Racism and Anti-Racism in Canada	Book	"Multiculturalism is regarded as a key feature of Canada's national identity. Yet despite an increasingly diverse population, racialized Canadians are systematically excluded from full participation in society through personal and structural forms of racism and discrimination. Race and Anti-Racism in Canada provides readers with a critical examination of how racism permeates Canadian society and articulates the complex ways to bring about equity and inclusion both individual and systemically."
Systemic Racism Explained	Video	This video explains systemic racism and its effects.
Defining Systemic Racism in Canada	Video	Systemic racism in Canada specifically.
The Colour Code	Podcast	A podcast to start a conversation about race in Canada.

## Donate

Website	Description
BLM (Donate)	A collection of places to donate, such as to black-owned businesses, organizations, and funds for individuals (victims, protestors, etc).
Colour of Change	Designs campaigns powerful enough to end practices that unfairly hold Black people back, and champion solutions that move us all forward. Until justice is real.
Afrobiz.ca	Directory of black-owned businesses.
ActBlue	Splits your donation across more than 70 bail funds, mutual aid funds, and activist organizations.
The Okra Project	The Okra Project is a collective that seeks to address the global crisis faced by Black Trans people by bringing home cooked, healthy, and culturally specific meals and resources to Black Trans People.

## Take Action

Resource	Type	Description
Teen Vogue: Anti-Racist Action Guide	Article	Includes resources for educating yourself, and actions you can take
Black Lives Matter	Website	Actions you can take, places to donate to (also linked under donations), resources for protestors.
How to be an activist when you're unable to attend protests	Article	Want to take action, but aren't able to attend a protest? This article suggests other ways to participate.
How to talk about politics at work	Article	A primer for discussing politics in the workplace.

Step up for Black colleagues	Article	This is a direct call for non-Black people to step up at work. And some tips for daily practice.
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## Mental Health Resources

Resource	Type	Description
Mental health resources for the Black community (Blog TO)	Article	A collection of mental health resources focused on the health and wellbeing of Black people during this time.
Across Boundaries	Website	Across Boundaries provides a dynamic range of mental health support and services and works within Anti-Racism/Anti-Black racism and Anti-Oppression frameworks. These frameworks address the negative impact of racism and discrimination on mental health and well-being. <b>Note:</b> review <a href="#">this page</a> to see requirements for accessing Across Boundaries' services.
Self Care Tips for Black People Struggling with this Very Painful Week	Article	"If images of Black suffering have left you feeling sad and angry and overwhelmed, here are some things you might do to get a tiny bit of relief."
CAMH's #BlackMentalHealthDay	Video	Recording of CAMH's live panel discussion about the effects of anti-black racism on mental health.
End Rape on Campus (EROC)'s Self Care Reminders & Resources	Facebook Post	"With all that is happening, we wanted to make sure that we provide reminders around self-care and resources that exist specifically for Black people and people of color."
Therapy Resources for People of Color / Queer Folx	Doc	<p><u><a href="#">This resource is for</a></u></p> <ul style="list-style-type: none"> <li>• BIPOC (Black, indigenous and /or People of Color) &amp; queer folx who have had bad experiences with therapists who don't understand the racial &amp; queer part of your trauma</li> <li>• BIPOC &amp; queer folx who have been hesitant to seek help due to the fear that a white/cis/straight therapist will not understand them</li> <li>• Anyone who is interested in therapy but cannot afford it</li> </ul>