



## Listen. LEARN. Express Empathy.

### RESOURCES FOR ANTI-RACISM

#### **MENTAL HEALTH RESOURCES FOR BLACK FOLKS**

- Black Emotional and Mental Health Collective - <https://www.beam.community/bvtn>
- Black Mental Health Alliance - <https://blackmentalhealth.com/>
- Dive in Well - <https://www.diveinwell.com/>
- Ethel's Club - <https://www.ethelsclub.com/>
- Healhaus - <https://www.healhaus.com/>
- [Gay and Lesbian Medical Association](#)
- GLBT National Health Center - <http://www.glbtnationalhelpcenter.org/>
- Inclusive Therapists - <https://www.inclusivetherapists.com/>
- Melanin and Mental Health - <https://www.melaninandmentalhealth.com/>
- National Queer and Trans Therapists of Color Network - <https://www.nqttcn.com/>
- Open Path Collective: <https://openpathcollective.org/>
- Psychology Today - <https://www.psychologytoday.com/us>
- Sista Afya - <https://www.sistaafya.com/>
- The Nap Ministry - <https://www.instagram.com/thenapministry/?hl=en>
- [The Safe Place App](#)
- Therapy for Black Girls - <https://therapyforblackgirls.com/>
- Therapy for Black Men - <https://therapyforblackmen.org/>

#### **BOOKS**

Consider purchasing your books from Harriett's Bookshop [ <https://www.harriettsbookshop.com/> ] to support a small local business celebrating Black voices, female voices, and activism. Many books listed here are also available as free PDFs online or by utilizing the Free Library of Philadelphia or University of Pennsylvania Library.

#### **Intersectionality**

- As We Have Always Done by Leanne Beta Simpson
- Assata: An Autobiography by Assata Shakur
- Black Feminist Thought by Patricia Hill Collins
- Black Girl Dangerous on Race, Queerness, Class and Gender by Mia McKenzie
- Black on Both Sides: A Racial History of Trans Identity by C. Riley Snorton
- The Collected Poems of Audre Lorde
- Divided Sisters by Wilson & Russel
- Hood Feminism by Mikki Kendall



- On Intersectionality by Kimberle Crenshaw
- Sister Outsider by Audre Lorde
- We Should All Be Feminists by Chimamanda Ngozi Adichie
- Women, Race & Class by Angela Davis

### **Justice & Prison**

- An African American and Latinx History of the United States by Paul Ortiz
- Are Prisons Obsolete? by Angela Davis
- Caught: The Prison State and the Lockdown of American Politics by Marie Gottschalk
- The Color of Law by Richard Rothstein
- Critical Race Theory: An Introduction by Stefancic & Delgado
- The End of Policing by A guy lex S. Vitale
- The First Civil Right by Naomi Murakawa
- Freedom Is A Constant Struggle: Ferguson, Palestine, and the Foundations of A Movement by Angela Davis
- Just Mercy by Bryan Stevenson
- Medical Apartheid: The Dark History of Medical Experimentation on Black Americans from Colonial Times to Present by Harriet A. Washington
- The New Jim Crow by Michelle Alexander
- Of Poetry & Protest: From Emmett Till to Trayvon Martin by Cushway & Warr
- Pleasure Activism by Adrienne Maree Brown
- Policing Black Lives by Robyn Maynard
- Punished: Policing the Lives of Black and Latino Boys by Victor M. Rios
- Rest In Power by Fulton and Martin
- Scenes of Subjection by Saidiya V. Hartman
- Unapologetic: A Black, Queer, Feminist Mandate for Radical Movements by Charlene Carruthers
- When They Call You A Terrorist: A Black Lives Matter Memoir by Patrisse Khan-Cullors

### **Race and Whiteness**

- Black Skin White Masks by Frantz Fanon
- Blindspot by Mahzarin & Greenwald
- Citizen by Claudia Rankine
- Critical Race Theory: The Key Writings That Formed the Movement by Crenshaw, Gotanda, Peller, & Thomas
- The Fire Next Time by James Baldwin
- The House that Race Built by Wahneema Lubiano
- How to Be An Anti-Racist by Ibram X. Kendi
- Killing the Black Body by Dorothy Roberts



- The Man-Not: Race, Class, Genre, and the Dilemmas of Black Manhood by Tommy J. Curry
- Me and White Supremacy: Combat Racism, Change the World, and Become a Good Ancestor by Layla Saad
- The Possessive Investment in Whiteness by George Lipsitz
- Race by Paul C. Taylor
- Racial Formation in the United States by Omi and Winant
- So You Want to Talk About Race? by Ijeoma Oluo
- White Fragility by Robin DiAngelo
- Why Are All the Black Kids Sitting Together in the Cafeteria? by Beverly Daniel Tatum
- Why I'm No Longer Talking to White People About Race by Remi Eddo-Lodge

## **FILMS AND SHOWS**

- 13th
- American Son
- Black Power Mixtape: 1967-1975
- The Black Panthers: Vanguard of the Revolution
- The Central Park Five
- Clemency
- Dear White People
- Fruitvale Station
- Get Out
- The Hate U Give
- Hello, Privilege. It's Me, Chelsea.
- I Am Not Your Negro
- If Beale Street Could Talk
- Just Mercy
- King in the Wilderness
- The Rachel Divide
- Rodney King
- See You Yesterday
- Selma
- Strong Island
- They Gotta Have Us
- When They See Us



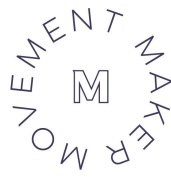
## **PODCASTS**

- 1619 with NYTimes
- About Race with Renni Eddo-Lodge
- Between Sessions with Melanin Mental Health
- Code Switch with NPR
- Good Ancestor Podcast with Layla F. Saad
- How to Survive the End of the World with the Brown Sisters
- Intersectionality Matters! with Kimberle Crenshaw
- Momentum: A Race Forward Podcast with Chevon & Hiba
- Pod Save the People with Crooked Media
- Pod for the Cause with the Leadership Conference on Civil & Human Rights
- Seeing White with John Biewen
- The Combahee River Collective Statement
- The Diversity Gap with Bethaney Wilkinson
- We Need to Talk About the British Empire with Afua Hirsch

## **JOURNALISTS, WRITERS, AND ACTIVISTS**

These accounts are on Instagram, Twitter, or both!

- Adwoa Aboah @adwoaaboah
- Afua Hirsch @afuahirsch
- Akala @akalamusic
- Ava DuVernay @ava
- Blair Amadeus Imani @blairimani
- Brittany Packnett Cunningham @MsPackyetti
- Candice Brathwaite @candicebrathwaite
- Charlene Carruthers @CharleneCAC
- Charles Blow @charlesmblow
- Clint Smith @ClintSmithIII
- Emma Dabiri @emmadabiri
- Ibram X. Kendi @ibramxkendi
- Ida Bae Wells @nhannahjones
- Ijeoma Oluo @ijeomaoluo
- Kim Young @dopeblack\_socialworker
- Layla Saad @laylafaad
- Mona Chalabi @monachalibi
- Monique Melton @moemotivate
- Movement for Black Lives @mvmnt4blkives
- Munroe Bergdorf @munroebergdorf
- Rachel Cargle @rachel.cargle
- Renni Eddo Lodge @rennieddoldge
- Roxane Gay @roxanegay



- Sam Sinyangwe @samswey
- Whembley Sewell @whembleysewell

## **RACIAL EQUITY & JUSTICE ORGANIZATIONS**

- Antiracist Research & Policy Center
- Audre Lorde Project
- Black Visions Collective
- Black Women's Blueprint
- Color of Change
- Colorlines
- The Conscious Kid
- Equal Justice Initiative (EJI)
- Families Belong Together
- The Leadership Conference on Civil & Human Rights
- MPowerChange
- Muslim Girl
- NAACP
- National Domestic Workers Alliance
- RAICES
- Showing Up For Racial Justice (SURJ)
- SisterSong
- United We Dream

## **PETITIONS**

- [Ahmaud Arbery](#)
- [Ahmaud Arbery](#)
- [Alejandro Vargas Martinez](#)
- [Arrest All Four](#)
- [Belly Mujinga](#)
- [Breonna Taylor](#)
- [Breonna Taylor](#)
- [Censorship Of Police Brutality In France](#)
- [Charge All Four Officers](#)
- [Defund MPD](#)
- [George Floyd](#)
- [George Floyd](#)
- [George Floyd](#)
- [George Floyd](#)
- [Get The Officers Charged](#)
- [Hands Up Act](#)



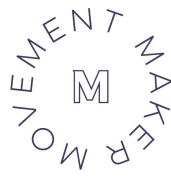
- [Joao Pedro](#)
- [Julius Jones](#)
- [Kyjuanzi Harris](#)
- [Life Sentence For Police Brutality](#)
- [National Action Against Police Brutality](#)
- [Pass The Georgia Hate Crime Bill](#) .
- [Raise The Degree](#)
- [Raise The Degree](#)
- [Regis Korchinski](#)
- [Tony McDade](#)
- [Willie Simmons](#)

### **WHERE TO DONATE**

- Amistad Law Project - <https://amistadlaw.org/donate>
- [Bail Funds](#) - [splits donation to over 40 organizations]
- [The Bail Project](#)
- Black and Brown Workers Cooperative - <http://blackandbrownworkerscoop.org/>
- [Black Lives Matter](#)
- [Black Visions Collective](#)
- Campaign Zero - <https://www.joincampaignzero.org>
- [Decarcerate PA](#)
- Emergency Release Fund - <https://emergencyreleasefund.org>
- The Freedom Fund - <https://lgbtqfund.org>
- George Floyd Memorial Fund - <https://www.gofundme.com/f/georgefloyd>
- I Run With Maud <https://www.gofundme.com/f/i-run-with-maud>
- Justice for Breonna Taylor - <https://justiceforbreonna.org/>
- Minnesota Freedom Fund - <https://minnesotafreedomfund.org/donate>
- [National Bailout Fund](#)
- Philadelphia Community Bail Out - <https://www.phillybailout.com/donate.html>
- Philly R.E.A.L. Justice - <http://phillyrealjustice.com/contribute>
- [Reclaim the Block](#)
- The Youth Art and Self-Empowerment Project - <http://www.yasproject.com/>

### **NON-MONETARY ACTIONABLE ITEMS**

- Amplify Black voices
- Check in on Black friends, family, partners, colleagues, and community members
- Clean up your community following protests
- Donate and/or distribute supplies for activists (water, food, medical supplies, goggles, masks, etc.)
- Educate yourself on anti-racism
- Educate your friends, family, partners, colleagues, and community members on



anti-racism

- Identify your privilege
- Medical professionals, lawyers, mental health professionals, etc., - provide pro bono

work

- Offer to pick up groceries and medications
- Participate in protests
- Provide child care
- Provide jail support
- Provide transportation to stranded activists
- Register to vote
- Sign petitions
- Vote!
- Watch this hour-long compilation of Black music and art:

<https://www.youtube.com/watch?v=bCgLa25fDHM&feature=youtu.be>

- Video description: "100% of the advertisement revenue this video makes through AdSense will be donated to the associations that offer protester bail funds, help pay for family funerals, and advocacy listed in the beginning of the video."

\*These resources were collected by The University of Pennsylvania School of Social Policy and Practice.