

Racial Trauma Community Resource Guide

There are many ways to seek healing from racial trauma and racial stress, for yourself, your children, and your community. This resource guide highlights some of the ways that you can pursue wellness for yourself and your loved ones. Please click to navigate to the resource.

General Resources

Mental Health Issues Facing the Black Community

Resources for Understanding: The Social Movement to End Police Violence against African Americans

The Psychology of Radical Healing Collective Syllabus

Parents + Educators: Talking to Children about Race

Pretty Good Design

Talking Race with Young Children

Using Books to Talk about Race

Black American Parenting During COVID-19

What Antiracist Teachers Do Differently

How COVID-19 Amplifies Education Inequities

Affirming Black Lives without Inducing Trauma

Black Minds Matter

Healing from Racial Trauma

Radical Healing in Times of Fear

Community-Based Healing Practices

Therapy for Black Girls

The Psychology of Radical Healing

Healing the Wounds of Racial Trauma

Surviving & Resisting Hate: A Toolkit for People of Color

FamilyCare, CommunityCare, and SelfCare ToolKit: Healing in the Face of Cultural Trauma

Self-Care for People of Color after Psychological Trauma



Additional Resources to Thrive and Be Well



Recommended Books

FOR ADULTS

Begin Again: James Baldwin's American and its Urgent Lessons for Our Own

The Secret Lives of Church Ladies

Soothe Your Nerves: The Black Woman's Guide to Understanding and Overcoming Anxiety, Panic, and Fearz

My Grandmother's Hands: Racialized Trauma and the Pathway to Mending our Hearts and Bodies

FOR CHILDREN

I Miss My Friend

Something Happened in Our Town

Change Sings: A Children's Anthem

A Kids Book about Racism

Relevant Social Media

Dr. Maryam Jernigan-Noesi
@mindfield_drj

The Nap Ministry
@thenapministry

Dr. Thema Bryant-Davis
@drthema

Black Mental Health Alliance
@black_minds_matter

Therapy for Black Girls
@therapyforblackgirls

HealHaus
@healhaus

Rest for Resistance
@qtpocmentalhealth

Sista Afya
@sistaafya

The Young Black Men Project
@ybmenproject



Contact Us

Additional Resources
available at:
mmjerniganassociates.com

