

Helping

America

Heal



Resource List Curated By:

MENTALLY FIT

Mental Health for Everyday life

<https://joinmentallyfit.com/>

Racial Trauma Resources for POC

List of resources for POC to understand and begin to work on their Racial Trauma.

[Association of Black Psychologists](#)

[BEAM: Black Virtual Therapist Network Directory](#)

[Inclusive Therapists](#)

[Melanin & Mental Health](#)

[National Queer and Trans Therapists of Color Network \(NQTTCN\)](#)

[Ourselves Black](#)

[Therapy for Black Girls](#)

[Therapy for Black Men](#)

[Dear Black Women Project](#)

[The Boris Lawrence Henson Foundation](#)

[NAMI - African American Mental Health](#)

[Lets Erase The Stigma](#)

<https://joinmentallyfit.com/>

Racial Trauma Resources for Non-POC

List of resources for Non-POC to understand and begin to work on their Racial Trauma.

Racism Recovery Center

Recovery from White Conditioning

Addressing Racial Privelege

Developing a Positive White Identity

The Problem with "Privelege"

Showing up for Racial Justice

5 Ways White People Can Take Action

Education on Racism for White Americans

The Subtle Linguistics of Polite White Supremacy

Finding Myself in the Story of Race (Ted Talk)

Anti-Racist Resources to Take Action

Resources for Parents

List of resources for how to talk to your kids about race, police brutality and racialized violence.

** For Kids ** “Something Happened In Our Town” book for children about police brutality

** For Kids ** Black Lives Matter Coloring Book

Supporting Kids of Color Amid Racialized Violence

Talking with Children About Racism, Police Brutality, and Protests

Your Kids Aren’t Too Young to Talk About Racism

Beyond the Golden Rule: A Parent’s Guide to Preventing and Responding to Prejudice

Having “The Talk”: Expert Advice for Preparing Kids for Police Interactions

Talking Race with Young Children

To access more support and resources for General Mental Health, join a free Mentally Fit Community.

Join the Mentally Fit Community Group here:

<https://www.facebook.com/groups/learndbt/>

For Therapists and other Mental Health Professionals:

<https://www.facebook.com/groups/mftoolbox/>

Network for Therapists of Color:

<https://www.facebook.com/groups/MentalHealth4POC/>

<https://joinmentallyfit.com/>