



## ▶▶ Anti-Racism and Mental Health Resources

### [Antiracism Educational Resources for Therapists & Clients](#)

Includes various links to free information for both therapists and clients regarding racial trauma, social dynamics that impact mental health, and clinical best-practices.

### [LACDMH Anti-Racism](#)

Provides a collection of resources on topics of anti-racism, racial equity and mental health.

### [Family Equality](#)

An organization with the mission to advance legal and lived equality for LGBTQ+ families. Included in their resources is a Black history and antiracist toolkit.

### [LA vs Hate](#)

A campaign created by L.A. County to help create unity, provide resources, and encourage members of the community to stand up against hate and report it.

### [Wellbeing4LA](#)

Online learning platform with resources, self-guided courses, and videos designed to provide psychoeducation on student's mental health and wellbeing, implicit bias, racial equity and social justice, trauma and resilience informed care, and professional development.



*Antiracist efforts have called for more than just the absence of racism; instead, demanding the dismantling of unjust structures that perpetuate inequity in clinical care, training, and research and promoting policies that create justice for all.*

– [An Antiracist Approach to Achieving Mental Health Equity in Clinical Care](#)



## Additional Resources and Articles

### [Anti-Racism Toolkit](#)

Information about how to address racism on various levels, as well as reflective practices to help you investigate your own racial biases.

### [Discrimination and Racism in the History of Mental Health Care](#)

An article about the history of racism and discrimination in mental health care, and how it can help us understand how to move forward.

### [Mental Health Providers Supporting Clients of Color: Self-Care, Community Care for You](#)

A webinar featuring mental health professionals as they explore aspects of the "Radical Healing Framework" and discuss lessons learned while supporting communities of color.

### [The Historical Roots of Racial Disparities in the Mental Health System](#)

An article about racial disparities and their effects on BIPOC (Black, Indigenous, People of Color), and the history of systemic racism and discrimination in the mental health system.

### Anti-Racism Books

- **A Kids Book About Racism** – Jelani Memory
- **Between the World and Me** – Ta-Nehisi Coates
- **How to Be an Antiracist** – Ibram X. Kendi
- **Me and White Supremacy** – Layla F. Saad
- **Minor Feelings** – Cathy Park Hong
- **Stamped from the Beginning** – Ibram X. Kendi
- **Stamped** (Adult and children version) – Ibram X. Kendi
- **We Too Sing America** – Deepa Lyster

### Helpful Assessment Tools

- [Clinical Assessment of Racial Trauma](#)
- [Racial Trauma Toolkit](#)
- [Racial Trauma: Assessment and Treatment Techniques for Trauma Rooted in Racism](#) (Digital Seminar)