

Healing Racial Trauma Resources compiled by APA DIVISION 37's Diverse, Racial, Ethnic and Multicultural Special Interest Group. Special thanks to the SIG's executive committee members and their students. For more, visit [DREAM SIG anti-racism resource page](#)

- [Asian Mental Health Collective](#) The Asian Mental Health Collective aspires to make mental health easily available, approachable, and accessible to Asian communities worldwide, and provides a directory of Asian therapists. <https://beta.asianmhc.org/>
- [Black Men Heal](#) Black Men Heal aims to provide access to mental health treatment, psychoeducation, and community resources to men of color. They offer the opportunity to receive 8 free therapy sessions. <https://blackmenheal.org/>
- [Black Mental Health](#) This website provides a variety of resources for Black Americans to receive mental health support and treatment. <https://caps.unc.edu/self-help/black-mental-health/#:~:text=The%20organization%20constructed%20a%20powerful%20statement%20about%20racial,to%20connect%20with%20a%20trained%20crisis%20counselor%2024%2F7>
- [Black Mental Health Alliance](#) This resource offers support through connections to therapists, psychiatrists, and other personal therapy techniques in order to support anyone who is trying to heal from racial trauma they have experienced. <https://www.blackmentalhealth.com/>
- [Coping with Racial Trauma](#) This resource defines racial trauma and the many symptoms that accompany it. The source then goes on to list out many coping strategies that a person could use to heal from the trauma they experience daily. <https://psychology.uga.edu/coping-racial-trauma>
- [Family-Care, Community-Care and Self-Care Tool Kit: Healing in the Face of Cultural Trauma](#) This guide offers strategies for individuals, families, and community members to promote awareness of and healing for those experiencing racial trauma. <https://d3i6fh83elv35t.cloudfront.net/newshour/app/uploads/2016/07/07-20-16-EEC-Trauma-Response-Community-and-SelfCare-Toolkit-1.pdf>
- [How to Cope with Racial Trauma and Racial Battle Fatigue](#) This document provides a variety of content related to racial trauma, including terminology, symptoms, and the ways in which individuals can cope with and heal from this trauma. <https://mankato.mnsu.edu/globalassets/counseling-center/media/racial-battle-fatigue.pdf>

- **[Inclusive Therapists](https://www.inclusivetherapists.com/therapy/)** Inclusive Therapists offers a safer, simpler way to find a culturally responsive, social justice-oriented therapist. They center the needs of Black, Indigenous, and People of Color (BIPOC) and the 2SLGBTQIA+ community. They amplify the voices and expressions of Neurodivergent and Disabled communities. <https://www.inclusivetherapists.com/therapy/>
- **[Incorporating Racial Equity into Trauma-Informed Care](https://www.chcs.org/resource/incorporating-racial-equity-into-trauma-informed-care/)** This resource details a framework of steps that can be taken within healthcare organizations in order to promote care that addresses racial trauma effectively. <https://www.chcs.org/resource/incorporating-racial-equity-into-trauma-informed-care/>
- **[Internalizations of Racism](https://www.dismantlingracism.org/internalizations.html)** This website is a healing resource for people of color. They provide a variety of different helpful resources for one's self, community, and organization. <https://www.dismantlingracism.org/internalizations.html>
- **[Latinx Therapists and Speakers](https://latinxtherapy.com/)** This is an organization that provides resources, therapy, and speakers that work towards to destigmatize mental health in the Latinx community. They have expanded to become a bilingual podcast and national directory to find a Latinx Therapist. Latinx Therapy also provides culturally-grounded workshops and services to the community. <https://latinxtherapy.com/>
- **[Managing Your Distress in the Aftermath of Racial Trauma and Stress](https://www.apa.org/topics/racism-bias-discrimination/managing-distress-racial-trauma)** This article discusses the psychological impacts of racial trauma and offers strategies for coping with and healing from this trauma. <https://www.apa.org/topics/racism-bias-discrimination/managing-distress-racial-trauma>
- **[Mental Health America: Racial Trauma](https://www.mhanational.org/racial-trauma)** This organization defines key terminology related to racial trauma and lists helpful resources that marginalized communities can access for healing. <https://www.mhanational.org/racial-trauma>
- **[National Queer & Trans Therapists of Color Network: Radical Syllabus](https://ngttcn.com/en/2021/05/03/radical-syllabus/)** This document provides queer and transgender therapists of color with a variety of tools, including audio and visual media, books, and articles, that shed light on the experiences of marginalized communities in order to provide culturally-sensitive and trauma-informed care to these groups. <https://ngttcn.com/en/2021/05/03/radical-syllabus/>
- **[Psyches of Color](#)** Psyches of Color, Inc. is a nonprofit organization that uses strengths-based and culturally relevant approaches to provide mental health education, family support,

empowerment, and mentoring to decrease the stigma of mental health and promote radical healing to Black and Latinx adolescents and young adults. <https://psychesofcolor.org/>

- **[Racial Trauma – PTSD: National Center for PTSD](#)** The U.S. Department of Veterans Affairs provides information on racial trauma. It provides different coping mechanisms for racial trauma such as empowerment, self-care, media balance, and taking charge of emotions. https://www.ptsd.va.gov/understand/types/racial_trauma.asp
- **[Racial Trauma: Theory, Research, and Healing: Introduction to the Special Issue](#)** This resource explains racial trauma and the very negative psychological impacts that it has on a person. It goes on to explain that microaggressions and systemic racism are driving the trauma that people of color are experiencing over generations. <https://doi.apa.org/fulltext/2019-01033-001.html>
- **[Resources for Healing and Coping with Racial Trauma](#)** This source lists out 12 different suggested coping strategies, such as listening to podcasts or meditating. <https://www.shu.edu/counseling-psychological-services/resources-for-healing-and-coping-with-racial-trauma.cfm>
- **[South Asian Mental Health Initiative and Network](#)** This is a resource for mental health with the focus on South Asians. They have compiled various resources to illustrate the significance and importance of understanding mental health and wellness. <https://samhin.org/>
- **[Talking about Racism, Racial Equity and Racial Healing with Friends, Family, Colleagues and Neighbors](#)** This document outlines a framework that community members can follow in order to engage in supportive and meaningful conversations about racial trauma and healing. <https://healourcommunities.org/wp-content/uploads/2019/12/Conversation-Guide.pdf>
- **[The Black Collective: Coping with Racial Trauma](#)** This organization provides insight into the ways in which marginalized communities can heal from racial trauma as well as the ways in which privileged groups can improve as allies and best support this healing process. <https://www.theblkcollective.org/ourvoices/coping-with-racial-trauma>
- **[The Effects of Racial Trauma on Mental Health: Deaths Captured on TV and Media](#)** This resource explains the meaning behind racial trauma and how it is seen in the media daily. <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Black-African-American/The-Effects-of-Racial-Trauma-on-Mental-Health-Deaths-Captured-on-TV-and-Media>

- **[The Loveland Foundation's Therapy Fund](https://thelovelandfoundation.org/loveland-therapy-fund/)** This organization financially supports Black women and girls in order to provide them with accessible, culturally-sensitive, and diverse therapeutic services across the country.
<https://thelovelandfoundation.org/loveland-therapy-fund/>
- **[Therapy for Black Girls](https://therapyforblackgirls.com/about/)** This is a great resource for young black girls dealing with racial trauma. Dr. Joy Harden Bradford focuses on making mental health topics more relevant and accessible for Black women and by using pop culture to illustrate psychological concepts.
<https://therapyforblackgirls.com/about/>
- **[Therapy for Latinx](https://www.therapyforlatinx.com/home)** Therapy for Latinx provides a national directory of mental health providers for the Latinx community. <https://www.therapyforlatinx.com/home>

Media Resources

- **[Heal this Nation, Fight for Racial Equity, Work for Racial Healing](https://www.youtube.com/watch?v=j60g_GUvweA&list=PLXjR388C7yiAkOnxIoP3gArXqLYN_L1sW&index=15)** This video focuses on the topics of healing and fighting for equity. This is the closing video in the 2020 day of healing series from the W.K. Kellogg Foundation, so there is a focus on summarizing the key takeaways from the National Day of Healing and places emphasis on the call to action.
https://www.youtube.com/watch?v=j60g_GUvweA&list=PLXjR388C7yiAkOnxIoP3gArXqLYN_L1sW&index=15
- **[Understanding and Healing from Racial Trauma](https://www.youtube.com/watch?v=pxhi-dYzwOk)** In this video, Ashley McGirt voices her personal experiences with racial trauma as well as the societal importance of understanding this concept. In doing so, she offers recommendations on how marginalized groups can practice self-care and privileged individuals can support this healing journey.
<https://www.youtube.com/watch?v=pxhi-dYzwOk>