**Anti-Racism Resources**

[Racial Equity Tools:](https://www.racialequitytools.org/) *designed to support individuals and groups working to achieve racial equity. It offers tools, research, tips, curricula, and ideas for people who want to increase their understanding and to help those working for racial justice at every level – in systems, organizations, communities, and the culture at large.*

[Anti-racism resources for white people:](http://bit.ly/ANTIRACISMRESOURCES) *This document is intended to serve as a resource to white people and parents to deepen our anti-racism work. If you haven’t engaged in anti-racism work in the past, start now.*

[Anti-Racist Educator Questionnaire and Rubric:](https://docs.google.com/document/d/1OT1-wV7ulYFpxQ3HAoo-7IID5Ap6s-MNEYwe3RRJGBo/edit) *This document should be used as a tool for educators to use in reflecting on their own pedagogical assumptions, biases, backgrounds, preconceived notions, and how this is intertwined with their racist, classist, sexist, and ableist, pedagogical views as well. It is meant to be a mirror in order to critically look at oneself.*

[Anti-Racism Resources, Harvard University:](https://projects.iq.harvard.edu/antiracismresources) *Members of our community have sought out and compiled resources that can educate, facilitate, and equip those seeking to become more effective anti-racism allies. We hope that these resources will prove helpful in the journey towards a more equal, united America.*

[The People’s Institute for Survival and Beyond, Undoing Racism Workshops:](http://www.pisab.org/programs/) *Through dialogue, reflection, role-playing, strategic planning and presentations, this intensive process challenges participants to analyze the structures of power and privilege that hinder social equity and prepares them to be effective organizers for justice.*

**Mental Health Resources**

Teletherapy

* To find a therapist, search <https://www.psychologytoday.com/us/therapists> and filter by therapists who offer teletherapy
* Teletherapy [headway.co](http://headway.co/): All Headway therapists accept insurance for teletherapy sessions, and Headway automatically calculates co-pays & deductibles for patients with their insurance member ID
* 7 Cups of Tea: Free online peer counseling trained in active listening <https://www.7cups.com/>

[Trevor Project:](https://www.thetrevorproject.org/) *24/7 support for LGBTQ young people, across text, chat, and phone (1-866-488-7386)*

[BIPOC Mental Health Resources](https://www.naminh.org/resources-2/bipoc/)

[Mental health podcasts by women of color](https://www.justdavia.com/blog/5-mental-health-podcasts-by-therapists-of-color)