



UNIVERSITY COUNSELING CENTER

The UNIVERSITY of OKLAHOMA

<https://www.ou.edu/ucc/resources/diversoty-inclusion-and-multicultural-awareness/race-racism>

Resources on Race/Racism (*Offer the name of website if you are weary from educating others and/or if you want to increase your awareness*)

Resources to educate yourself and others about racism, sexism, classism, and discrimination:

- o Taking Action Against Racism - <https://www.div17.org/TAAR/>
- o Taking Action Against Racism in the Media - <https://www.div17.org/TAAR/media/>
- o Taking Action Against Racism in Higher Education - <https://www.div17.org/TAAR/higher-ed/index.php>
- o What are the multiple dimensions to racism? - <http://www.intergroupresources.com/race-and-racism/>
- o Race – The Power of an Illusion: a companion to a 3-part documentary about race within society, science, and history - http://www.pbs.org/race/000_General/000_00-Home.htm
- o Resources for further understanding prejudice, discrimination, and bias - <https://secure.understandingprejudice.org/demos/>
- o Tolerance – www.tolerance.org
- o Multicultural Pavilion at the University of Virginia: Resources to increase social justice in schools - <http://www.edchange.org/multicultural/>
- o Women's Rights – www.globalissues.org/article/166/womens-rights
- o Class privilege quiz - <https://resourcegeneration.org/start-your-journey/quiz/>

Black American Resources

- o Meditation focused on healing racial trauma - <http://drcandicenicole.com/2016/07/black-lives-matter-meditation/>
- o Emotionally restorative self care for people of color - https://www.youtube.com/watch?v=GuLT_YQLGF8
- o Support for Black LGBTQ youth - <https://www.thetrevorproject.org/2020/06/01/supporting-black-lgbtq-youth-mental-health/>
- o Balanced Black Girl - <https://www.balancedblackgirl.com/>

Latinx Resources

- General mental health Spanish speaking resources, including a list of Spanish language materials and Spanish-language screening tools - <https://www.mhanational.org/issues/latinxhispanic-communities-and-mental-health>
- Compartiendo Esperanza: No Hay Salud Sin Salud Mental Through stories and quotes, this booklet provides mental health information in a sensitive manner. Recovery is possible, and this booklet tells you where to find more information, seek help and be supportive. You can preview the booklet for free (<https://www.nami.org/getattachment/Find-Support/Diverse-Communities/Latinos/ESPERANZAFamilyGuide.pdf>) or buy hard copies through the NAMI Bookstore.

Native American Resources

The Center for Native American Youth is a national advocacy organization working to improve the health, safety, and overall well-being of Native American youth ages 24 and under. For more information

- <https://www.cnay.org/about/> -

Support and resources for Native American youth - <https://www.wernative.org/> -

The Indian Health Service - <https://www.ihs.gov/aboutihs/>

· Building Partnerships: Conversations with Native Americans About Mental Health Needs and Community Strengths - <https://health.ucdavis.edu/crhd/images/pdf/Native%20American%20Report%20Final%209.09.pdf>
First Nations Behavioral Health Association - <http://www.fnbha.org/>

· Beyond Buckskin is a website and business dedicated to promoting and selling Native American made fashion
- http://www.beyondbuckskin.com/p/about_16.html