

Below are resources in line with MPA's pledges:

Resources Created by Black Psychologists for Black Clients:

Our Mental Health Minute ([short 2-min videos](#)) by Riana Anderson, PhD

[Innopysch](#)

[Meditation phone application](#)

Additional Resources for Black Mental Health:

Racial Trauma [Toolkit](#) from ISPRC at Boston College

Therapy resources, podcasts, and blogs about [Black mental health](#)

Therapy resources, podcasts, and blogs for [Black women](#)

How to be an Ally and Support Black Lives Matter:

Support the [National Black Lives Matter](#) movement and the chapters in Michigan: [Detroit](#) and [Lansing](#)

Anti-racism [resources](#)

Donate to the Association of Black Psychologist's Trauma Relief Fund, [here](#)

Donate to and volunteer with the [Detroit Justice Center](#)

Educate yourself on [racism](#) and how to make a change

How to Support the Black Community in Detroit Right [Now](#)

[Books](#) for adults and children

How Language Matters in [Media Coverage](#) of Protestors: Editorial

How to [talk](#) to Children about Racism and Race

How you can be more [culturally competent](#)

[12 Ways to be a White Ally to Black People](#)

[Equal Justice Initiative](#)

[5 ways to avoid common ally pitfalls by learning from your mistakes](#)

[Six Ways to be a better Ally](#)

[75 things White people can do for racial justice](#)

[Racial Equity Tools](#)

Shareable Anti-racism Resource Guide: <https://docs.google.com/document/u/0/d/1hpub-jkm9cLzJWqZSsETqbE6tZ13Q0UbQz--vQ2avEc/mobilebasic>

Police Reform Resources:

<https://www.joincampaignzero.org/solutions#solutionsoverview>

[Fighting Police Abuse: A community action manual](#)

[5 ways White people can take action in response to White and state sanctioned violence](#)

Resources for White parents on how to Raise Anti-racist Children:

Books:

Coretta Scott King Book Award Winners: books for children and young adults

31 Children's books to support conversations on race, racism and resistance

Podcasts:

Parenting Forward podcast episode 'Five Pandemic Parenting Lessons with Cindy Wang Brandt'

Fare of the Free Child podcast

Integrated Schools podcast episode "Raising White Kids with Jennifer Harvey"

Articles:

PBS's Teaching Your Child About Black History Month

Your Kids Aren't Too Young to Talk About Race: Resource Roundup from Pretty Good

The Conscious Kid: follow them on Instagram and consider signing up for their Patreon

Additional resources

Articles to read:

"America's Racial Contract Is Killing Us" by Adam Serwer | Atlantic (May 8, 2020)

Ella Baker and the Black Freedom Movement (Mentoring a New Generation of Activists

"My Life as an Undocumented Immigrant" by Jose Antonio Vargas | NYT Mag (June 22, 2011)

The 1619 Project (all the articles) | The New York Times Magazine

The Combahee River Collective Statement

“The Intersectionality Wars” by Jane Coaston | Vox (May 28, 2019)

Tips for Creating Effective White Caucus Groups developed by Craig Elliott PhD

“Where do I donate? Why is the uprising violent? Should I go protest?” by Courtney Martin (June 1, 2020)

”White Privilege: Unpacking the Invisible Knapsack” by Knapsack Peggy McIntosh

“Who Gets to Be Afraid in America?” by Dr. Ibram X. Kendi | Atlantic (May 12, 2020)

Videos to watch:

Black Feminism & the Movement for Black Lives: Barbara Smith, Reina Gossett, Charlene Carruthers (50:48)

"How Studying Privilege Systems Can Strengthen Compassion" | Peggy McIntosh at TEDxTimberlaneSchools (18:26)

Podcasts to subscribe to:

1619 (New York Times)

About Race

Code Switch (NPR)

Intersectionality Matters! hosted by Kimberlé Crenshaw

Momentum: A Race Forward Podcast

Pod For The Cause (from The Leadership Conference on Civil & Human Rights)

Pod Save the People (Crooked Media)

Seeing White

Books to read:

Black Feminist Thought by Patricia Hill Collins

Eloquent Rage: A Black Feminist Discovers Her Superpower by Dr. Brittney Cooper

Heavy: An American Memoir by Kiese Laymon

How To Be An Antiracist by Dr. Ibram X. Kendi

I Know Why the Caged Bird Sings by Maya Angelou

Just Mercy by Bryan Stevenson

Me and White Supremacy by Layla F. Saad

Raising Our Hands by Jenna Arnold

Redefining Realness by Janet Mock

Sister Outsider by Audre Lorde

So You Want to Talk About Race by Ijeoma Oluo

The Bluest Eye by Toni Morrison

The Fire Next Time by James Baldwin

The New Jim Crow: Mass Incarceration in the Age of Colorblindness

by Michelle Alexander

The Next American Revolution: Sustainable Activism for the Twenty-First Century

by Grace Lee Boggs

The Warmth of Other Suns by Isabel Wilkerson

Their Eyes Were Watching God by Zora Neale Hurston

This Bridge Called My Back: Writings by Radical Women of Color by Cherríe Moraga

When Affirmative Action Was White: An Untold History of Racial Inequality in Twentieth-Century America by Ira Katznelson

White Fragility: Why It's So Hard for White People to Talk About Racism by Robin DiAngelo, PhD

Films and TV series to watch:

13th (Ava DuVernay) — Netflix

American Son (Kenny Leon) — Netflix

Black Power Mixtape: 1967-1975 — Available to rent

Blindspotting (Carlos López Estrada) — Hulu with Cinemax or available to rent

Clemency (Chinonye Chukwu) — Available to rent

Dear White People (Justin Simien) — Netflix

Fruitvale Station (Ryan Coogler) — Available to rent

I Am Not Your Negro (James Baldwin doc) — Available to rent or on Kanopy

If Beale Street Could Talk (Barry Jenkins) — Hulu

Just Mercy (Destin Daniel Cretton) — Available to rent for free in June in the U.S.

King In The Wilderness — HBO

See You Yesterday (Stefon Bristol) — Netflix

Selma (Ava DuVernay) — Available to rent

The Black Panthers: Vanguard of the Revolution — Available to rent

The Hate U Give (George Tillman Jr.) — Hulu with Cinemax

When They See Us (Ava DuVernay) — Netflix