Social Justice Resources for Supporting Black Communities

Resources for Black Individuals and Communities

Self-Care
Black Lives Matter: Meditations
Emotionally Restorative Self-Care for People of Color
Liberate Meditation App (by and for people of color)
Radical Self-Care in the Face of Mounting Racial Stress
Talking about Race: Self-Care
Tips for Self-Care: When Police Brutality Has You Questioning
Humanity and Social Media is Enough

Coping Strategies
Black Lives Matter: Healing Action Toolkit
Common Coping Strategies
Discrimination: What It Is and How To Cope
Family Care, Community Care and Self-Care
Tool Kit: Healing in the Face of Cultural Trauma
Filling Our Cups: 4 Ways People of Color Can Foster Mental Health and Practice Restorative Healing
Grief is a Direct Impact of Racism: Eight Ways to Support Yourself
Healing Justice is How We Can Sustain Black Lives
Proactively Coping with Racism
Racial Trauma is Real
Racism Recovery Steps
Toolkit for Healing in the Face of Cultural Trauma (English and Spanish)

Supporting Each Other
Supporting Kids of Color in the Wake of Racialized Violence
Tips for Supporting Each Other
We Heal Too

Tools for Confronting Racism
Black Lives Matter: Conflict Resolution Toolkit
Black Lives Matter: Trayvon Taught Me Toolkit (in Spanish)
Disarming Racial Microaggressions: Microintervention Strategies for Targets, White Allies, and Bystanders

Antiracism Resources
Tools for Confronting Racism
75 Things White People Can Do for Racial Justice
Black Lives Matter: A Toolkit for Trayvon
Confronting Racism
Disarming Racial Microaggressions: Microintervention Strategies for Targets, White Allies, and Bystanders
Race, Power, and Policy: Dismantling Structural Racism
Racism Interruptions (A Guide for What to Say)
Ten Ways to Fight Hate: A Community Response Guide

Exercises
Expressive Writing Prompts to Use if You’ve Been Accused of White Fragility, Spiritual Bypassing, or White Privilege
Harvard Implicit Bias Test
Racism Scale

Learning Opportunities
Antiracism Learning Opportunities through Enrich Chicago
Detour-Spotting for White Antiracists
How Well-Intentioned White Families Can Perpetuate Racism
Talking About Race: Being Antiracist
White Privilege: Unpacking the Invisible Knapsack

Teaching about Racism
Antiracist Toolkit for Teachers and Researchers
How to Talk to Kids about Race: Books and Resources
Resources for Educators Focused on Antiracist Learning and Teaching
The Urgent Need for Antiracist Education
Toolkit for Teaching about Racism

UIC Resources
African American Academic Network
African American Cultural Center
African Student Council at UIC
CHANCE Program
Chancellor’s Committee on the Status of Blacks
Diversity Education at UIC (click here or here)
National Association of Black Accountants at UIC
National Society of Black Engineers at UIC
Office of the Vice Provost for Diversity
Reporting Bias Events at UIC
Reporting Discrimination and Harassment at UIC
The Society of Black Urban Planners at UIC
TRIO
UIC Black Graduate Students
UIC Black Student Union
UIC Campus African American Student Resource Guide
UIC Counseling Center
UIC Dialogue Initiative
UIC Students for African American Sisterhood
UIC Wellness Center

Books to Read
On the Experience of Racism
A People’s History of the United States by Howard Zinn
Citizen: An American Lyric by Claudia Rankine
Eloquent Rage: A Black Feminist Discovers Her Superpower by Brittny Cooper
I’m Still Here: Black Dignity in a World Made for Whiteness by Austin Channing Brown
The Bridge Called My Back, Writings by Radical Women of Color edited by Cherrie Moraga and Gloria Anzaldúa
My Grandmother’s Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies by Resmaa Menakem
The Racial Healing Handbook by Anneliese A. Singh
Why Are All the Black Kids Sitting Together in The Cafeteria? by Beverly Daniel Tatum

On Antiracism
How to Be an Antiracist by Dr. Ibram X. Kendi
Me and White Supremacy: Combat Racism, Change the World, and Become a Good Ancestor by Layla Saad
So You Want to Talk about Race by Ijeoma Oluo
The New Jim Crow: Mass Incarceration in the Age of Colorblindness by Michelle Alexander
White Fragility: Why It’s So Hard for White People to Talk about Racism by Robin DiAngelo

Organizations to Support
Black Emotional and Mental Health Collective
Black Girls Smiles
Black Lives Matter – Chicago
Black Women’s Blueprint
Chicago Regional Organizing for Antiracism
Color of Change
Enrich Chicago
Equal Justice Initiative
National Association for the Advancement of Colored People
Showing Up for Racial Justice
SisterSong
The Audre Lorde Project
The Antiracist Research and Policy Center
The Leadership Conference on Civil and Human Rights
The Loveland Foundation
The Nina Pop and the Tony McDade Mental Health Recovery Fund for Black Trans People
The Foundation for Black Women’s Wellness

Click here to learn how to support South and West-side businesses and communities impacted by civil unrest
For Chicagoans impacted by civil unrest who are seeking household needs