

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 Dr. Brittney 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 Cherríe 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 Dr. 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 Dr. 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](#)
[Sister Song](#)
[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](#)