

## ADDITIONAL RESOURCES

### Resources:

- [Minnesota Mental Health Providers of Color:  
https://docs.google.com/spreadsheets/d/1X4IyCyW9OxdpUdyHxsOV1PMPFQstavcJyrTeimg-4ww/edit?fbclid=IwAR1bFxKZFZjFAIQz7F738spZvYHNTxl5P4dt3YOmWTsCSgB4RI3-QtST3hQ#gid=893749557](https://docs.google.com/spreadsheets/d/1X4IyCyW9OxdpUdyHxsOV1PMPFQstavcJyrTeimg-4ww/edit?fbclid=IwAR1bFxKZFZjFAIQz7F738spZvYHNTxl5P4dt3YOmWTsCSgB4RI3-QtST3hQ#gid=893749557)
- [MN Mental health Providers of Color Database](#)
- <http://blackmentalhealthresources.net/>
- Anti-Racism Resources  
[https://docs.google.com/document/d/1BRIF2\\_zhNe86SGgHa6-VIBO-QgirlTwCTugSfKie5Fs/mobilebasic](https://docs.google.com/document/d/1BRIF2_zhNe86SGgHa6-VIBO-QgirlTwCTugSfKie5Fs/mobilebasic)

### Books:

- Restorative Yoga for Ethnic and Race-Based Stress and Trauma by Dr. Gail Parker  
[https://www.amazon.com/Restorative-Ethnic-Race-Based-Stress-Trauma/dp/1787751856/ref=tmm\\_pap\\_swatch\\_0?encoding=UTF8&qid=1580604611&sr=8-1](https://www.amazon.com/Restorative-Ethnic-Race-Based-Stress-Trauma/dp/1787751856/ref=tmm_pap_swatch_0?encoding=UTF8&qid=1580604611&sr=8-1)
- Healing Racial Trauma: The Road to Resilience by Sheila Wise Rowe  
[https://www.amazon.com/Healing-Racial-Trauma-Road-Resilience/dp/B0835X37MJ/ref=sr\\_1\\_1?crd=1U4CPYI3WU23O&dchild=1&keywords=healing+racial+trauma&qid=1590593587&sprefix=healing+racia%2Caps%2C182&sr=8-1](https://www.amazon.com/Healing-Racial-Trauma-Road-Resilience/dp/B0835X37MJ/ref=sr_1_1?crd=1U4CPYI3WU23O&dchild=1&keywords=healing+racial+trauma&qid=1590593587&sprefix=healing+racia%2Caps%2C182&sr=8-1)

### Meditation Exercises:

- Meditations on Facing Injustice, Transforming Race and Privilege By Susal Stebbins Collins, M.A.  
<http://www.contemplativepracticesforantioppressionpedagogy.com/blog/2015/8/10/meditations-on-facing-injustice-transforming-race-and-privilege-by-susal-stebbins-collins-ma>
- Black Lives Matters Meditation for Healing Racial Trauma by Dr. Candice Nicole  
<http://drcandicenicole.com/2016/07/black-lives-matter-meditation/>

### Phone Apps:

- Liberate Meditation: Meditations for Black, Indigenous, and People of Color community.  
(<https://www.blackenterprise.com/black-founder-creates-meditation-app-for-people-of-color/>)
- The Safe Place: A minority Mental Health App geared towards the Black Community to bring awareness, education, & hope (<https://themighty.com/video/the-safe-place/>)

### Podcasts:

The Breakdown with Dr. Earl: A Mental Health Podcast

The Homecoming Podcast with Dr. Thema

**AFFIRM:** The podcast for women of color who affirm their worth, value mental health, and seek wholeness. Hosted by former therapist & creator of Redefine Enough, Davia Roberts.

**Ataque de nerves:** Marbs and Scruz finally have a podcast! Hear your two favorite friends discuss mental health, pop culture, wellness, and growing up Brown in Oregon.

**Fireflies Unite Podcast:** Fireflies Unite Podcast With Kea, a weekly podcast dedicated to bringing light into darkness (just like the fireflies) by sharing the stories of individuals thriving with mental illness within communities of color despite the disadvantages and racism that negatively impact their mental health. The mission of the podcast is to encourage people of color to seek treatment, end the stigma and raise awareness by sharing stories. We want to show that mental illness does not have "a look"; it also includes everyday high functioning people. New episodes available every Monday.

**Naming It:** Naming It features Bay Area Psychologists, Dr. Bedford Palmer & Dr. LaMisha Hill, who explore the intersections of Social Justice, Psychology, & Blackness. They introduce aspects of counseling psychology that are not commonly thought of, and engage listeners in a conversation about pop-culture and current events in a way that delves deeper, and focuses on how it all impacts on our lives. The Mission of Naming It is to call out the elephant in the room, and to call in the voices of social justice that are normally muted.

**Stories of Stigma: South Asian Mental Health:** [MannMukti.org](http://MannMukti.org) is a one-stop resource for South Asians to learn about and address mental health concerns with each other. MannMukti translates to "mental liberation" in Hindi. Our mission is to encourage healthy, open dialogue of mental health issues in an effort to remove stigma, improve awareness and promote self-care.

**The Mindful Muslim:** A discussion on mental health, psychology, Islam and spirituality featuring mental health professionals.