

Black People Meet @ ASMS: Helpful Resources



We need JOY as we need air. We need LOVE as we need water. We need EACH OTHER as we need the earth we share. ~Maya Angelou

Webinars

Ted Talk (Heather C. McGhee):
Racism has a cost for everyone
(Recording Posted)

Ted Talk (Vernā Myers): How to
overcome our biases? Walk
boldly toward them
(Recording Posted)

Ted Talk (Megan Ming Francis):
Let's get to the root of racial
injustice
(Recording Posted)

American Public Health
Association: Advancing Racial
Equity Webinar Series
(June 9, 2020 at 2-3:30pm EST)

Partnership for Public Service:
Building Resilience
(June 18, 2020 at 12-1pm EST)

Self-Care

iOS/Android Apps

- Eternal Sunshine
- Liberate
- Shine
- Insight Timer
- The Safe Place

Written Words

Self Care for People of Color After
Psychological Trauma *(Just Jasmine Blog)*

Self-Care Tips for Black People Who Are
Struggling With This Very Painful Week
(Rachel Wilkerson Miller for VICE)

Surviving & Resisting Hate: A Toolkit for
People of Color *(Dr. Hector Y. Adames & Dr. Nayeli Y. Chavez-Dueñas)*

Anti-Racism

Written Words

Maintaining Professionalism In
The Age of Black Death Is...A
Lot *(Shenequa Golding)*

Your Black Colleagues May
Look Like They're Okay —
Chances Are They're Not *(Danielle
Cadet)*

Guidelines for Being Strong
White Allies: Racial Equity Tool
(Paul Kivel)

What CEOs and Managers
Should be Doing for Black
Employees
(Jeanne Sahadi)

I, Racist
(John Metta)

BE A PART OF CHANGE

Be Informed

Justice in June - bit.ly/junejustice
(Autumn Gupta and Bryanna Wallace)

Support Organizations

- Reclaim the Block
- Black Emotional and Mental Health Collective
- Black Lives Matter
- Black Visions Collective
- Campaign Zero

Reminder: Just Mercy and **Selma** (movies) are free
to rent on all platforms for the month of June.