Disclaimer and Credit: This is by no means comprehensive, but rather a list we hope you find helpful as a starting point to begin or to continue to support our Black brothers, sisters, communities and patients. Thank you to the Student National Medical Association chapter at George Washington University School of Medicine for compiling many of these resources.

Editing Guidelines: Please feel free to add any resources that you feel are useful. Any inappropriate edits will be deleted and editing capabilities will be revoked.

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1. Petitions To Sign
*Please note that should you decide to sign a petition on change.org, DO NOT donate through change.org. Rather, donate through the websites specific to the organizations to ensure your donated funds are going directly to the organization.

- Justice for George Floyd
- Justice for Breonna
- Justice for Ahmaud Arbery
- We Can’t Breathe
- Justice for George Floyd

2. Protestor Bail Funds

- National Bail Fund Network (by state)
  - This link includes links to various cities
- Restoring Justice (Legal & Social services)

3. Organizations That Need Our Support and Donations

Actions are loud. As students, we know that money is tight. But if each of us donated just $5 to one cause, together we could demand a great impact.

- Black Visions Collective (Minnesota Based): “BLVC is committed to a long term vision in which ALL Black lives not only matter, but are able to thrive. Through the development of powerful strategic campaigns, we seek to expand the power of Black people across the Twin Cities metro area and Minnesota.”
● **Campaign ZERO** “was developed with contributions from activists, protesters and researchers across the nation. This data-informed platform presents comprehensive solutions to end police violence in America. It integrates community demands and policy recommendations from research organizations and President Obama’s Task Force on 21st Century Policing. Together, we will win.”

● **Color of Change** “leads campaigns that build real power for Black communities. We challenge injustice, hold corporate and political leaders accountable, commission game-changing research on systems of inequality, and advance solutions for racial justice that can transform our world.”

● **Communities United Against Police Brutality** (Minnesota Based) “CUAPB was created to deal with police brutality in the Minneapolis/St. Paul area on an ongoing basis. We work on the day-to-day abuses as well as taking on the more extreme cases. We work to combat police brutality from many angles, including political and legislative action, education, research, and providing services and support for victims and their families.”

● **Higher Heights Leadership Fund** is “building a national civic engagement infrastructure and network to strengthen Black women’s leadership capacity. Higher Heights Leadership Fund is investing in a long-term strategy to expand and support Black women’s leadership pipeline at all levels and strengthen their civic participation beyond just Election Day.”

● **The Equal Justice Initiative** is committed to ending mass incarceration and excessive punishment in the United States, to challenging racial and economic injustice, and to protecting basic human rights for the most vulnerable people in American society.

● **Know Your Rights Camp** “Our mission is to advance the liberation and well-being of Black and Brown communities through education, self-empowerment, mass-mobilization and the creation of new systems that elevate the next generation of change leaders.”

● **The Loveland Foundation** “is committed to showing up for communities of color in unique and powerful ways, with a particular focus on Black women and girls. Our resources and initiatives are collaborative and they prioritize opportunity, access, validation, and healing. We are becoming the ones we’ve been waiting for.”

● **NAACP Legal Defense and Educational Fund, Inc.** “is America’s premier legal organization fighting for racial justice. Through litigation, advocacy, and public education, LDF seeks structural changes to expand democracy, eliminate disparities, and achieve racial justice in a society that fulfills the promise of equality for all Americans.”

● **Reclaim the Block** (Minnesota Based): “We organize around policies that strengthen community-led safety initiatives and reduce reliance on police departments. We do not believe that increased regulation of or public engagement with the police will lead to safer communities, as community testimony and documented police conduct suggest otherwise.”

● **Multi-Donation Site** allows you to put in the total amount you would like to donate and splits it between 12 different organizations including the National Police Accountability Project and Black Voters Matter Fund.

### 4. Mental Health Resources

● **Black Virtual Therapist Network** “Our mission is to remove the barriers that Black people experience getting access to or staying connected with emotional health care and healing. We do this through education, training, advocacy and the creative arts.”

● **Liberate Meditation App**

● **Open Path Psychotherapy Collective** “is a non-profit nationwide network of mental health professionals dedicated to providing in-office mental health care—at a steeply reduced rate—to individuals, couples, children, and families in need.”
● The Therapy for Black Girls Podcast “is a weekly chat about all things mental health, personal development, and all the small decisions we can make to become the best possible versions of ourselves.”

● Therapy for Black Men: “In partnership with licensed mental health professionals and coaches in private practice throughout the fifty states, TherapyForBlackMen.org provides proactive, multiculturally competent care to men of color.”

● Sista Afya At Sista Afya Community Mental Wellness, we believe that together, Black women across the African Diaspora can sustain mental wellness through connecting to resources and supporting one another.

● HealHaus Our mission at HealHaus has always been to provide accessible, diverse, and inclusive wellness services to you. In the midst of a strange time, our mission stands strong to heal through community, and what better way to collectively raise the vibration near and far together.

● Ethel’s Club Ethel Lucas was a matriarch figure in a tight-knit Black community whose home offered warmth, laughter, and care. Her belief in community as a practice lives on in her granddaughter, our Founder and CEO, Naj Austin. Our mission is inspired by Ethel — we create healing spaces that center and celebrate people of color through conversation, wellness and creativity.

● National Suicide Prevention Lifeline: 1-800-273-8255 (24 hours)

5. Anti-Racism Reading and Resource List

“In a racist society, it is not enough to be non-racist, we must be anti-racist” - Angela Davis

● NYT Bestseller Books
  ○ Medical Apartheid - by Harriet A. Washington
  ○ White Fragility - Robin DiAngelo
  ○ How To Be An Antiracist – by Ibram X. Kendi
  ○ The New Jim Crow: Mass Incarceration in the Age of Colorblindness – by Michelle Alexander
  ○ Between the World and Me – by Ta-Nehisi Coates
  ○ The Color of Law A Forgotten History of How Our Government Segregated America – by Richard Rothstein
  ○ Heavy: An American Memoir – by Kiese Laymon
  ○ Stamped from the Beginning: The Definitive History of Racist Ideas in America – by Ibram X. Kendi
  ○ So You Want to Talk About Race – by Ijeoma Oluo
  ○ White Rage: The Unspoken Truth of Our Racial Divide – by Carol Anderson
  ○ Why Are All the Black Kids Sitting Together in the Cafeteria? And Other Conversations About Race – by Beverly Daniel Tatum
  ○ Beloved – by Toni Morrison (fiction)
o **The Bluest Eye** – by Toni Morrison (fiction)

- **Books for Children**
  - Children’s Books about Diversity -- Scholastic
  - We Need Diverse Books has recommendations for kids and teens

- **Editorial Articles**
  - The Focus on Looting Shows How Our Systems of Power Value Capital Over Human Lives - by Eli Day
  - Why You Need to Stop Saying “All Lives Matter” – by Rachel Cargle
  - Your Black Colleagues May Look Like They’re Okay — Chances Are They’re Not - by Danielle Cadet
  - Most Looters Are Young Philadelphians Not Associated With the Protests, DA Says - by Claudia Vargas
  - How to Talk to Your Family About Racism on Thanksgiving – by Rachel Cargle
  - When Feminism Is White Supremacy in Heels – by Rachel Cargle
  - The Case for Reparations – by Ta-Nehisi Coates
  - New Data Shows How Parents Accidentally Pass on Racial Prejudice to Kids - by Joshua A. Krisch
  - The American Nightmare – by Ibram X. Kendi
  - If Your Priority Is To Protect Big Box Stores, You’re Part Of The Problem - by Asia Ewart

- **Scholarly Articles** *Please contact Leslie Holland lholland@sco.edu if you need assistance accessing any of these resources. She has worked to get access to many of the resources in the lists above and below.*
  - Black Lives Matter: A Commentary on Racism and Public Health
  - Racial Health Disparities and Covid-19 — Caution and Context
  - The Health Care Institution, Population Health and Black Lives
  - Systemic racism and U.S. health care
  - Stigma, status, and population health
  - Structural racism and myocardial infarction in the United States
  - The Elephant in the Room: Talking Race in Medical Education

6. **Media**
- 13th (Youtube/Netflix)
- When They See Us (Netflix)
- The Black Power Mixtape 1967-1975
- King in the Wilderness (HBO)
- 1619 Project (Podcast)
- Code Switch (Podcast)
- How to Overcome Our Biases? Walk Boldly Towards Them | Verna Myers |
7. Voter Registration and Related Information

- **Register to vote**
- **Fair Fight** is an organization founded by Stacey Abrams that aims to end voter suppression and equalize voting rights and access for fairer elections.
- **CollectivePAC** is working to fix the challenge of African American underrepresentation in elected seats of power throughout our nation.
- **Woke Vote** “Our mission is to invest in the activation, long-term engagement, training and development of new organizers, and mobilization of historically disengaged voters of color.”

8. How to Support Memphis

- **Support Your Local Black Community** -- Choose901
- **Black Lives Matter Memphis Chapter**
- **MidSouth Peace & Justice Center**

Document compiled by the GW SNMA Chapter and edited by SCO SGA in June 2020.