

Resources on Mental Wellness and Racial Trauma

“Racial trauma, a form of race-based stress, refers to People of Color and Indigenous individuals’ (POCI) reactions to dangerous events and real or perceived experiences of racial discrimination. Such experiences may include threats of harm and injury, humiliating and shaming events, and witnessing racial discrimination toward other POCI. Although similar to posttraumatic stress disorder, racial trauma is unique in that it involves ongoing individual and collective injuries due to exposure and reexposure to race-based stress.”¹

Racial Trauma: What is it and how does it impact mental wellness?

[Understanding Race Based Trauma](#) University of Louisville Med School Newsletter

[Racial Trauma: Theory, Research, and Healing](#)- American Psychological Association

[Racial Trauma is Real: The Impact of Police Shootings on African Americans](#) by Erlanger A. Turner, PhD & Jasmine Richardson

[Something Happened in Our Town: A Child’s Story about Racial Injustice](#) by Marianne Celano

- [Read Aloud](#) with Niagara Falls Underground Railroad Heritage Center

Healing and responding to racial trauma for children, parents, and families:

[Helping Your Child Cope with Media Coverage of Community Racial Trauma](#): Tips for Parents

[Racial Trauma Toolkit](#)- Boston College Institute for the Study and Promotion of Race & Culture

[The Child Mind Institute](#): Racism and Violence: How to Help Kids Handle the News

[Therapy for Black Girls Podcast](#)- Episode 21: How Race Impacts our Mental Health and Episode 42: Race- Related Stress; Episode 134: The Impact of Racial Trauma

- These are intended for older teens and mothers, not young girls.

[The Breakdown with Dr. Earl](#)- A Mental Health Podcast intended for older male teens and men.

[Radical Self-Care](#)- Inside Higher Ed, Kerry Ann Rockquemore

[44 Mental Health Resources for Black People Trying to Survive in this Country](#)

[Dr. Allison Briscoe- Smith](#) offers a variety of resources on trauma, race, and supporting children

If interested in connecting with a therapist, please reach out to your division counselor:

[Ashley Zomalt](#) (Lower School)

[Kacy Brubaker](#) (Lower School- Director of Student Life)

[Lele Fallon](#) (Middle School)

[Amelia Tuttle](#) (Upper School)

[Sara Eden](#) (Upper School)

¹ <https://psycnet.apa.org/fulltext/2019-01033-001.html> American Psychological Association. Comas-Díaz, L., Hall, G. N., & Neville, H. A. (2019). Racial trauma: Theory, research, and healing: Introduction to the special issue. *American Psychologist*, 74(1), 1-5. <http://dx.doi.org/10.1037/amp0000442>