



How to Talk about racism and violence:

- Racism and Violence: How to Help Kids Handle the News
<https://childmind.org/article/racism-and-violence-how-to-help-kids-handle-the-news/>
- ADL fighting hate for good
https://www.adl.org/education-and-resources/resources-for-educators-parents-families/lessons?ed_cat_id%5b216%5d=216
- Talking to Kids About Racism and Justice: a list for parents, caregivers & educators
<https://docs.google.com/document/d/1s0ICA3FluVhK6DFE2d3uYCipc6ApY8Gn2rMwm6fYqw/edit>
- How to Talk with Kids About Racism and Racial Violence
<https://www.common sense media.org/blog/how-to-talk-with-kids-about-racism-and-racial-violence>
- How to Talk to Young Kids About Violence, Hate & Other Terrifying Things
<https://thriveglobal.com/stories/how-to-talk-to-kids-about-violence-hate/>
- Anti-Racism For Kids 101: Starting To Talk About Race
https://booksforlittles.com/racial-diversity/?fbclid=IwAR39vJQQyCnHfhF0m66o67GnGgR9BuWcImDQJXBQuUwznf1-YxaZxSzM_l4
- Anti-Racism Resources for Parents and Kids
<https://www.healthline.com/health/parenting/anti-racism-resources-for-parents-and-kids>
- Anti-Racism for Kids: An Age-by-Age Guide to Fighting Hate
<https://www.parents.com/parenting/better-parenting/advice/how-to-teach-your-kids-to-fight-hate-an-age-by-age-guide/>
- On educating children on privilege: <https://wearyourvoicemag.com/6-ways-teach-kids-privilege/>
- On education children on Privilege: https://youtu.be/QNEKbVq_ou4
- On teaching tolerance for parents: free PDF book
https://www.tolerance.org/sites/default/files/general/beyond_golden_rule.pdf
- Helping Your Child Cope with Media Coverage of Community Racial Trauma: Tips for Parents
<https://www.youtube.com/watch?v=0Qtn2ZFx6ZM&list=WL&index=4&t=0s>

How to Take care of Your Mental Health:

- Help for Mental Illnesses <https://www.nimh.nih.gov/health/find-help/index.shtml>
- Mental Health Resources <https://www.healthline.com/health/mental-health-resources>



- Conversations in Your Community
<https://www.mentalhealth.gov/talk/community-conversation>
- Mental Health Resources <https://work2bewell.org/resourceshub/>
- Videos for any age group on anxiety, depression, suicide and much more
<https://psychhub.com/individuals/>
- SAMHSA's National Helpline <https://www.samhsa.gov/find-help/national-helpline>
- Talking To Kids About Mental Illnesses
https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Talking-To-Kids-About-Mental-Illnesses-084.aspx

Support for individuals and schools:

- Black Emotional and Mental Health Collective <https://www.beam.community/>
- Support for schools during pandemics
[http://smhp.psych.ucla.edu/pdfdocs/mhpractitioner/practitioner\(6-3-20\).pdf](http://smhp.psych.ucla.edu/pdfdocs/mhpractitioner/practitioner(6-3-20).pdf)



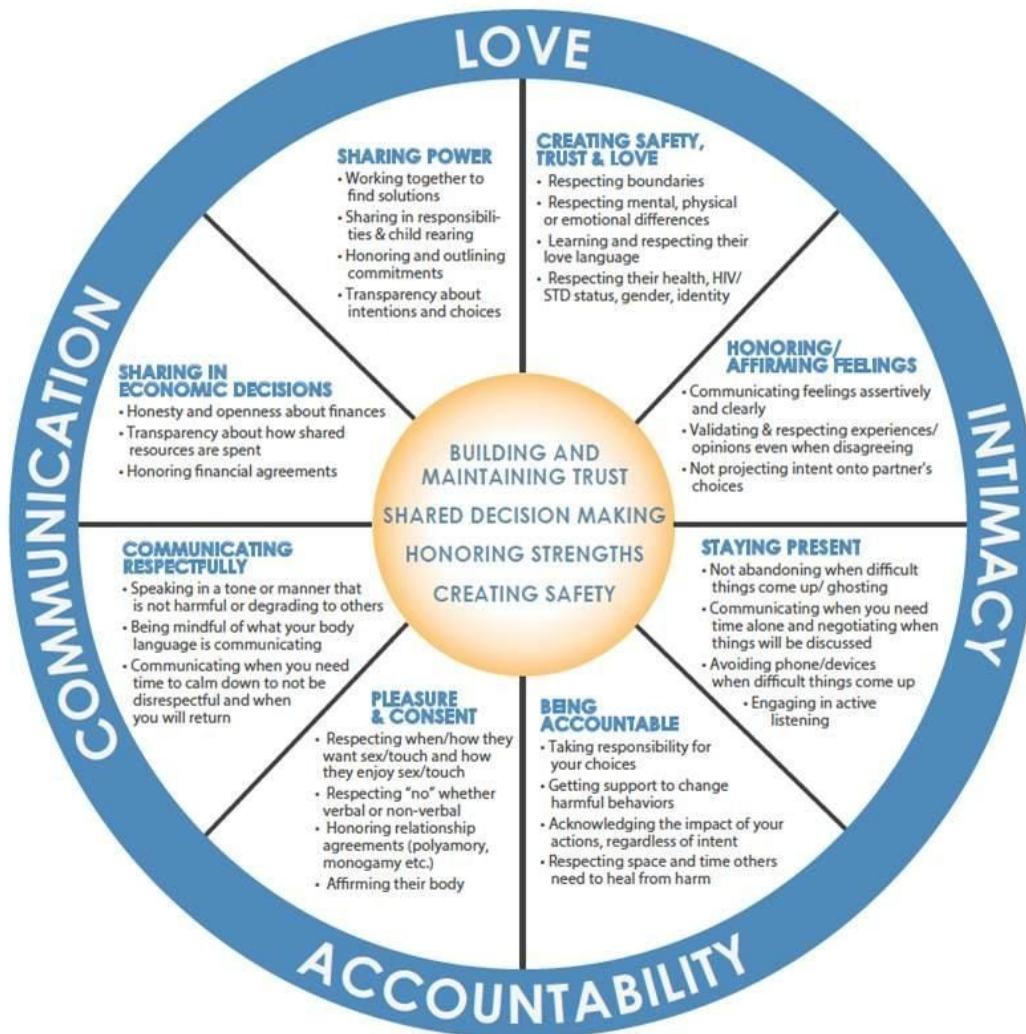
touchstone health services

partnering with families

BEAM

BLACK EMOTIONAL AND MENTAL HEALTH
COLLECTIVE

HEALING & ACCOUNTABILITY WHEEL



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This wheel credits and builds upon the work of the Non Violence Wheel designed by New Hope For Women

