

# Resources to better understand and cope with **Racial Trauma**

Click on the underlined text to access the resource 

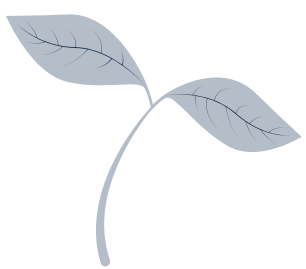
## Resources for African Americans



Surviving and Resisting Hate: [a Toolkit for People of Color](#)



[Self Care Tips](#) for Black People who are Struggling with this Week



Healing in the Face of [Cultural Trauma](#)



[Guided Meditation](#) and Healing



[BIPOC-led Resources for Healing Racialized Trauma](#)

## Understanding the Impact of Racial Trauma

[Racial Trauma](#): a Public Health Emergency  
(Psychology Today Article on Racial Trauma)

[What is Racial Trauma? PTSS?](#)  
(Short Videos on Racial Trauma)

[Trauma and Hate Based Violence](#)  
(A brief of the impact of hate based violence studies)

[Black Minds Matter](#)  
(An article that explores racial trauma in schools)

[Happening Yesterday, Happened tomorrow:](#)  
Teaching the ongoing murders of Black Men

[Healing the Hidden Wounds of Racial Trauma](#)  
(A 5 page Article on Coping)

[Entire Black Community.](#)  
(An Article on Trauma)



## Deeper Understanding

Learn more about [Race Relations](#) and [Healing](#) in the US



## Take care of your emotional and mental well-being

Race based stress can have an impact on everyone. Make sure to seek support, self-care, and prioritize your wellness plan .



THE COUNTY OF FRESNO  
Department of Behavioral Health