

- Racism in Psychiatry: Contemporary Issues and Interventions by Morgan Medlock
  - How to be an Antiracist by Ibram X Kendi
  - Black Pain: It Just Looks Like We're Not Hurting by Terrie Williams
  - Why Are All the Black Kids Sitting Together in the Cafeteria?: And Other Conversations About Race by Beverly Daniel Tatum
  - Blindspot: Hidden Biases of Good People by Mahzarin R. Banaji and Anthony G. Greenwald
  - My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies by Resmaa Menakem
  - Moving Diversity Forward: How to Go From Well-Meaning to Well-Doing by Verna A. Myers
  - Me and White Supremacy: Combat Racism, Change the World, and Become a Good Ancestor by Layla Saad and Robin DiAngelo
  - White Fragility: Why It's So Hard for White People to Talk About Racism by Robin DiAngelo and Michael Eric Dyson
  - Antiracist Baby Picture Book by Ibram X Kendi
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- Souls of Black Men- African American Men Discuss Mental Health: <https://www.naminys.org/images/uploads/pdfs/Souls%20of%20Black%20Men.pdf>
  - Implicit Association Test (IAT) <https://implicit.harvard.edu/implicit/takeatest.html>
  - Access list of topics to help understand experiences of the black community (both past and present) and impact on mental health: <https://linktr.ee/ceeetrl>
  - Black Canadian Education and Consultation Services: <https://blackhealthalliance.ca/>
  - Ottawa Community Immigrant Services Organization Clinical Counselling Program <https://ociso.org/clinical-counselling/>
  - <https://www.blackhistoryottawa.org/>
  - Ottawa Public Library Black History Month: Canadian Black History in the Making: <https://bibliooottawalibrary.ca/en/blogs/black-history-month-canadian-black-history-making#:~:text=February%202021%20marks%20the%2026th,the%20past%20and%20the%20present.>
  - Immigrant, refugee, ethnocultural and racialized populations and the social determinants of health A Review of 2016 Census Data, February 2019: [https://www.mentalhealthcommission.ca/sites/default/files/2019-03/irer\\_report\\_mar\\_2019\\_eng.pdf](https://www.mentalhealthcommission.ca/sites/default/files/2019-03/irer_report_mar_2019_eng.pdf)
  - BUILDING A FOUNDATION FOR CHANGE: Canada's Anti-Racism Strategy 2019-2022: <https://www.canada.ca/en/canadian-heritage/campaigns/anti-racism-engagement/anti-racism-strategy.html>
  - Race Relations in Canada 2019 Survey: <https://www.crrf-fcrr.ca/en/news-a-events/articles/item/27203-race-relations-in-canada-2019-survey>
  - How to Provide Antiracist Mental Health Care and Becoming Antiracist Free Training Modules: <https://mentalhealthforeveryone.ca/>
  - Manual for Cognitive-Behavioural Therapy for English-Speaking People of Caribbean Origin: [https://www.porticonetwork.ca/documents/43843/277768/CBT-Anglophone\\_English.pdf/ba2f1c1c-5a55-40a9-95f5-000e48abff09](https://www.porticonetwork.ca/documents/43843/277768/CBT-Anglophone_English.pdf/ba2f1c1c-5a55-40a9-95f5-000e48abff09)