

Suggested Articles, Podcast, Books, Topics & Authors Related to Racism & White Supremacy

On July 21, 2020 the Suicide Prevention Coalition in Clackamas County welcomed Leslie Gregory as a guest speaker to discuss the impact of racism and racial and economic disparities on the mental health of people & communities of color. The following resources were suggested during this conversation either by Leslie or by attendees.

To learn more about the Suicide Prevention Coalition in Clackamas County, please visit <https://www.clackamas.us/behavioralhealth/suicide-prevention-coalition-in-clackamas-county>.

Leslie Gregory - <https://www.right2healthus.org/>

- **Racism and Health** - <https://www.youtube.com/watch?v=YY382hevL5A>
- **Racism is a Public Health Crisis** - <http://whiteonrace.org/racism-public-health-crisis/>

Empathy Gap -- <https://massivesci.com/articles/empathy-bias-produce-groups-emotions/>

Unnatural Causes - https://unnaturalcauses.org/episode_descriptions.php

Victor Lee -- <https://www.wrestlingghosts.com/podcast/2019/10/28/release-trauma-with-eft>

Friday Night Dialogue on Facebook - <https://www.facebook.com/groups/fridaynightdialogue>

Ibram X. Kendi's - <https://www.ibramxkendi.com/books-1>

- **The Black Campus Movement** - 2012
- **Stamped from the Beginning - The Definitive History of Racist Ideas in America** – 2017
- **How to Be an Anti-Racist** - 2019
- **STAMPED: Racism, Antiracism, and You** – with Jason Reynolds – 2020
- **Anti – Racist Baby** - 2020
- Also Selected Essays - <https://www.ibramxkendi.com/essays-1>

Resmaa Menakem, MSW, LICSW, SEP - <https://www.resmaa.com/>

- **My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies** – 2017

Layla F. Saad - <https://laylafsaad.com/>

- **Me & White Supremacy: Combat Racism, Change the World, & Become a Good Ancestor** – 2020
- Also classes & podcasts

Reni Eddo-Lodge - <http://renieddolodge.co.uk/>

- **Why I am No Longer Talking to White People About Race** – 2018
- Also Podcast series: **About Race with Reni Eddo Lodge** - 2020

Robin DiAngelo - <https://robindiangelo.com/publications/>

- **White Fragility: Why It's So Hard For White People To Talk About Racism** - 2018
- **Nothing to Add: A Challenge to White Silence in Racial Discussions** – 2012
<https://robindiangelo.com/wp-content/uploads/2016/01/Nothing-to-Add-Published.pdf>

Brene Brown - <https://brenebrown.com/podcast/introducing-unlocking-us/>

- **Unlocking Us** Podcasts
- **The Power of Vulnerability** -
https://www.ted.com/talks/brene_brown_the_power_of_vulnerability/transcript?language=en

Austin Channing Brown - <http://austinchanning.com/>

- **I'm Still Here: Black Dignity in a World Made for Whiteness** - 2018

Richard Rothstein - <https://www.epi.org/people/richard-rothstein/>

- **The Color of Law: A Forgotten History of How Our Government Segregated America** - 2017

Tema Okun - <https://www.dismantlingracism.org/>

- **White Supremacy Culture - Dismantling Racism**
https://www.dismantlingracism.org/uploads/4/3/5/7/43579015/okun_-_white_sup_culture.pdf
- **The Emperor Has No Clothes: Teaching About Race and Racism to People Who Don't Want to Know** http://nonprofitinclusiveness.org/files/Okun_Emporer_Has_No_Clothes.pdf

Race is a social construct

- The Myth of Race (3 minute video) - <https://youtu.be/VnfKgffCZ7>
- The Surprisingly Racist History of "Caucasian" (4 minute video) - <https://youtu.be/GKB8hXYod2>
- Race is a Social Construct - <https://www.theatlantic.com/national/archive/2013/05/what-we-mean-when-we-say-race-is-a-social-construct/275872/>
- There's No Scientific Basis for Race—It's a Made-Up Label - <https://www.nationalgeographic.com/magazine/2018/04/race-genetics-science-africa/>

NY Times: A Conversation on Race: A series of short films about identity in

America – 2017 - <https://foodsolutionsne.us1.list-manage.com/track/click?u=f961de241cfb5cbfcd3ddf440&id=868a2fd208&e=1d1187cf4e>