

‘Let’s talk about race, racism, and mental health’ publication: References and further learning

Introduction

This document serves as a further learning guide to accompany the hardcopy version of our ‘Let’s talk about race, racism, and mental health’ publication. This document includes a reference list for the sources cited in the publication and a list of links to online further learning.

If you have a digital copy, you will find a reference section at the end and further learning links throughout the chapters.

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Further learning: Introductory chapters

Defining racism

- [The evolution of racism \(The Atlantic\)](#)
- [Oppression \(Good Therapy\)](#)
- [Racism, discrimination, and prejudice \(Research Gate\) by Jillian Fish and Moin Syed](#)

Becoming anti-racist

- [The antiracist bookshelf \(Mount Saint Mary's University\)](#)
- [How to be antiracist \(podcast\) with guest Ibram X. Kendi](#)
- [Being antiracist \(National Museum of African American History & Culture\)](#)
- [What does it mean to be antiracist? \(National Museum of African American History & Culture\) by Anneliese A Singh](#)
- [No more White saviours, thanks: how to be a true anti-racist ally \(The Observer\) by Nova Reid](#)
- [Antiracism \(California Speech Language Haring Association\)](#)

Pronouncing names correctly

- [NameShouts](#)

Podcasts

- [Brené Brown and Austin Channing Brown](#)
- [Don't Call Me Resilient](#)
- [Mixed Up](#)

Further learning: Glossary

Allyship

- [Guide to allyship \(Heartshift Collective project\) by Amelie Lamont](#)
- [Allyship \(The Anti-Oppression Network\)](#)
- [Allyship at work \(Lean In\)](#)
- [Allyship is not an identity; it is a consistent process \(In Diverse Group\)](#)

Anti-Blackness

- [In dialogue: What is misunderstood about Blackness? \(Princeton University\)](#)
- [Call it what is it: Anti-Blackness \(The New York Times\) by Dr kihana ross](#)
- [Black people, racism and human rights \(House of Commons, House of Lords. Joint Committee on Human Rights\)](#)

Antisemitism

- [Birbeck Institute For The Study Of Antisemitism](#)
- [What is antisemitism? \(International Holocaust Remembrance Alliance\)](#)
- [I'm a Jewish woman and anti-Semitism is a serious strain on my mental health \(Women's Health\) By Nadine Batchelor-Hunt](#)

Asian person, Asian people

- [Brown, Desi, South Asian: Diaspora reflects on the terms that represent, erase them \(NBC News\)](#)
- [The British Asians who fought fascism in the seventies \(Aljazeera\)](#)
- [British Asian Trust](#)

Bias

- [Unconscious bias: How it affects us \(Forbes\) by Dr. Pragya Agarwal](#)
- [Unconscious bias: what is it and can it be eliminated? \(The Guardian\) by Hannah Devlin](#)
- [Understanding unconscious bias \(UK Coaching\)](#)
- [Criminal justice matters archive \(Centre For Crime and Justice Studies\)](#)

Biracial, Dual Heritage

- [The challenges of growing up with dual heritage in Britain \(Desi Blitz\)](#)
- [Identity and adjustment in transition: A mixed-methods study of dual-heritage young people in London \(University of East London\)](#)

Black joy

- [The Black Joy Project by Kleaver Cruz](#)
- [What Black Joy means - and why it's more important than ever \(UK Vogue\) By Chante Joseph\)](#)

- [Exploring Black Joy and why it's important for mental health \(Talk Space\) by Tamar Sidi](#)

Black person, Black people

- [Seeing Black written by a capital b means more than you think it does \(Metro\) by Abi Adamson](#)

Call-in vs. Call-out

- [Call out and call in resources \(Creative Equity Toolkit\)](#)
- [Calling in and calling out \(Horizon Project US\)](#)

Colour blindness

- [Color-blindness perpetuates structural racism \(Forbes\) by Maia Niguel Hoskin](#)

Colourism

- [As a father of two dark-skinned little girls, I want more Black men to speak up about the dangers of colourism \(inews\) by Bodé Aboderin](#)
- [Understanding colourism in the UK: development and assessment of the everyday colourism scale by Nadia Craddock, Aisha Pheonix, Paul White, Caterina Gentili, Phillippa Diedrichs, and Fiona Barlow](#)
- [Understanding colourism among young people in the UK \(Kings College London\)](#)
- [Tan France: Beauty and the Bleach, BBC2, review: An intensely personal and moving interrogation of colourism \(inews\) by Emily Baker](#)

Decolonisation

- [What decolonising the curriculum really means \(Each Other\) By Sofia Akel](#)
- [Decolonising the workplace - 14 ideas on how to get started \(EW group\) by Tiwonge Cohn](#)

Discrimination

- [Discrimination \(Amnesty International\)](#)
- [Race discrimination \(Equality and Human Rights Commission\)](#)

Diversity

- [Diversity in the workplace: it means more than you think \(Investors in People\)](#)
- [What is diversity? \(Springer Nature\) By Sabah Servaes, Priyam Choudhury, and Ashishkumar K. Parikh](#)

Ethnicity

- [Race and ethnicity: How are they different? \(National Geographic\) By Erin Blakemore](#)
- [Differences between race vs. ethnicity \(Very Well Mind\) by Amy Morin](#)

Equality vs. equity

- [The difference workplace equity and equality, and why it matters \(Forbes\) by Jim Link](#)
- [Here's why we should care more about equity, not equality \(Muslim Girl\) By Maryam Abdul-Kareem](#)

Inclusion

- [Race inclusion in the workplace \(CIPD\)](#)

Indigenous person, Indigenous people

- [Who are indigenous peoples? \(United Nations Permanent Forum on Indigenous Issues\)](#)
- [What does it mean to be "indigenous"? \(The New Yorker\) By Manvir Singh and Tyler Foggatt](#)
- [Indigenous Peoples \(The World Bank\)](#)
- [Indigenous Peoples \(Amnesty International\)](#)

Institutional racism, structural racism, systemic racism

- [New report uncovers 'institutional racism' in justice system \(The University of Manchester\)](#)
- [What is systemic racism and how does it affect our immigration system in the UK? \(Freedom From Torture\)](#)
- [Students have called out institutional racism for decades. A new report confirms our experiences \(Runnymede Trust\) By Taj Ali](#)

Intergenerational trauma, transgenerational trauma

- [What is intergenerational trauma? An expert explains \(Refinery29\) By Mirel Zaman](#)
- [How history still weighs heavy on South Asian bodies today \(Huffington Post\) by Faima Bakar](#)

Internalised racism

- [What is internalized racism? Living in Colour \(Global News via Youtube\)](#)
- [Breaking down internalised racism in UK \(Cosy Land\) By Haider Samsara](#)
- [Everyday racism: what should we do? \(The Guardian via Youtube\) by Akala](#)

Interpersonal racism, Overt racism

- [Where next for understanding race/ethnic inequalities in severe mental illness?](#)

[Structural, interpersonal and institutional racism \(Sociology of Health & Illness\) by James Y. Nazroo, Kamaldeep S. Bhui, and James Rhodes](#)

Intersectionality

- [Intersectionality and Women's Representation in the USA and UK \(University of Bristol\) by E. Evans](#)
- [The urgency of intersectionality: Kimberlé Crenshaw speaks at TED Women 2016 \(TED Blog\) by Alejandra Vasquez](#)
- [The intersectionality wars \(Vox\) By Jane Coaston](#)
- [iweigh \(podcast\) with Jameela Jamil](#)

Islamophobia

- [Islamophobia and its impact on mental health \(Journal of the British Islamic Medical Association\) by Dr Shazad Amin and Isobel Ingham-Barrow](#)

Microaggression

- [Jamelia interview \(Channel 4\) by Jon Snow](#)
- [When and how to respond to microaggressions \(Harvard Business Review\) by Ella F Washington, Alison Hall Birch, and Laura Morgan Roberts](#)
- [You've been called out for a microaggression. What do you do? \(Harvard Business Review\) by Rebecca Knight](#)
- [Toolkit: Challenging microaggressions \(NHS Imperial College Healthcare\)](#)

Misogynoir

- [Misogynoir transformed Black women's digital resistance \(Brown University via Youtube\)](#)
- [What is misogynoir?: Unpacking the intersectional layers of racism and misogyny \(Feminism in India\) by Shawrina Salam](#)

Mixed Race, Mixed Heritage, Multiracial

- [All mixed up: What do we call people of multiple backgrounds? \(NPR\) By Leah Donnella](#)
- [We need a new language for talking about mixed-race identities \(The Guardian\) by Jenanne Fletcher, George Harrison, David Douglas James Chan, and Richard Milner](#)

Othering

- [Othered \(CNN\) By Gabrielle Smith, Angela Dewan, Jeevan Ravindran, and Christopher Johnson](#)
- [Us vs them: the sinister techniques of 'othering' - and how to avoid them \(The](#)

[Guardian\) by John A Powell](#)

Person of Colour, People of Colour

- [As a Black woman, I hate the term 'People of Colour' \(Independent\) By Tolani Shoneye](#)
- [What we get wrong about 'People of Color' \(Wired\) By Jason Parham](#)

Person of the Global Majority, People of the Global Majority

- [Global Majority; Decolonising the language and reframing the Conversation about race \(Leeds Beckett University\) by Rosemary Campbell-Stephens](#)
- [Global Majority \(Rosemary Campbell-Stephens via Youtube\)](#)

Prejudice

- [Research report 56 - Processes of prejudice: Theory, evidence and intervention \(Equality and Human Rights Commission\)](#)
- [Prejudice, discrimination, and racism \(Openstax\)](#)

QTIPOC

- [Glossary \(Purple Rain Collective\)](#)
- [What's tea? The QTPOC cultural resource guide \(University of Nevada, Las Vegas\)](#)

Racial justice

- [Racial justice \(Equal Justice Initiative\)](#)
- [Racial justice in education: Key terms and definitions \(NEA center for Social Justice\)](#)
- [What is the state of racial justice in Britain today? \(Transforming Society\)](#)
- [Supporting racial justice for all students \(National Education Association\)](#)

Sinophobia

- [Sinophobia: How a virus reveals the many ways China is feared \(BBC news\) By Tessa Wong](#)
- [Chinese students flee UK after 'maskaphobia' triggered racist attacks \(The Guardian\) by Sally Weale](#)
- [Let's talk about hate crime \(Southeast and East Asian Centre\)](#)

Tokenism

- [There is a fine line between tokenism and diversity \(Gal Dem\) By Ella Wilks-Harper](#)
- [Did they pick me for my skin tone? Actions employers can take to support their minority ethnic staff \(ICE\) by Musa P M Chunge](#)

White fragility

- [White fragility: what it is and why it's compounding racism \(Harper's Bazaar\) by Chidozie Obasi](#)
- [White people assume niceness is the answer to racial inequality. It's not \(The Guardian\) by Robin diAngelo](#)

White-passing, White passing

- [Let's talk about "white passing" \(RIT Reporter\) By Emi Knape](#)
- [The problem with passing \(Mixed Asian Media\) by Emily Cai](#)

White privilege, White advantage

- [White privilege - a guide for parents \(Barnardo's\)](#)
- [What is White privilege, really? \(Learning For Justice\) By Cory Collins](#)
- [What is White privilege? \(BBC Bitesize\)](#)

White supremacy

- [What the ebbs and flows of the KKK can tell us about White supremacy today \(NPR\) By Kat Chow](#)
- [Divorcing White supremacy culture \(White Supremacy Culture\)](#)
- [No 10 race report tries to normalise white supremacy, say UN experts \(The Guardian\) by Aamna Mohdin](#)
- [Navigating White Supremacist Harassment Online \(Very Well Mind\)](#)

Xenophobia

- [Guidance on racism and xenophobia: How UNHCR can address and respond to situations of racism and xenophobia affecting persons under its mandate \(United Nations High Commissioner for Refugees\)](#)