



# Increasing Resilience and Family Support

## Module 4 Resources

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American Psychological Association. Road to Resilience.

<http://www.apa.org/helpcenter/road-resilience.aspx>

American Psychological Association. (2016). Becoming an adult in the face of racism.

<https://www.apa.org/monitor/2016/06/ce-corner>

Anxiety and Depression Association of America. African American resources.

<https://adaa.org/african-americans>

Black Emotional and Mental Health Collective.

<https://www.beam.community>

Black Youth Project.

<http://blackyouthproject.com/about-us>

Friends of the Children. Youth mentoring organizations in major American cities.

<http://friendspdx.org>

Grant-Thomas, A., Sarfati, Y., & Staats, C. (2009). *African American-immigrant alliance building*. Kirwan Institute for the Study of Race and Ethnicity, The Ohio State University.

<http://www.intergroupresources.com/rc/Grant-Thomas%20et%20al%202009.pdf>

I Live For is an organization “committed to ending the cultural stigma of depression, anxiety and other mental disorders in teenagers and young adults of color.”

<https://ilivefor.org/about>

Joy DeGruy.

<http://joydegruy.com>

Kirwan Institute for the Study of Race and Ethnicity, The Ohio State University. Research reports on disparities in local communities.

<http://kirwaninstitute.osu.edu>

Kirwan Institute Training Modules on Implicit Bias (2018).

<http://kirwaninstitute.osu.edu/implicit-bias-training>

Mental Health America. Black and African American Communities and Mental Health.

<https://www.mentalhealthamerica.net/african-american-mental-health>

National Academy of Medicine. (2017). *Perspectives on Health Equity & Social Determinants of Health*.

<https://nam.edu/perspectives-on-health-equity-and-social-determinants-of-health>

National Alliance on Mental Illness. Multicultural Action Center: African American Resources.

<https://www.nami.org/Find-Support/Diverse-Communities/African-American-Mental-Health>

National Association of People of Color against Suicide.

<http://www.nopcas.org>

National Black Child Development Institute.

<http://www.nbcdi.org>

National Black Justice Coalition. National Black LGBTQ/SGL civil rights organization focused on federal public policy.

<http://nbjc.org/about>

National Youth Pride Services.

<https://nationalyouthpride.wordpress.com>

PFLAG: Parents, Families and Friends of Lesbians and Gays.

<http://community.pflag.org>

Resilience Research Center.

<http://www.resilienceresearch.org>

Self Enhancement, Inc.

<https://www.selfenhancement.org>

The Strong African American Families Program (SAAF).

<https://cfr.uga.edu/saaf-programs/saaf>