RECOMMENDED RESOURCES

Anti-Racism and Equity

Anti-Racism and Inclusive Resources:
A wide selection of resources for workplaces and individuals, including recommended book lists, films, and podcasts.
Examples include
- Creating Psychological Safety in the Workplace
- How to Create an Effective Cross-Cultural Training Program
- How to Talk to Kids About Race: Books and Resources That Can Help
- How U.S. Companies Can Support Employees of Color Through the Pandemic
- Speak Up! Guidebook
- Understanding and Dismantling Racism: A Booklist for White Readers

NLC Municipal Action Guide: A toolkit for responding to racial tension in your community

Race, Equity, And Leadership (REAL) initiative

COVID-19

COVID-19 response resources

- NLC: covid19.nlc.org
- Invest EAP: investeapcovid19.org/
- APA: apa.org/topics/covid-19

Five ways to view coverage of the coronavirus

For some, more fear of COVID-19

Grief and COVID-19: Saying goodbye in the age of physical distancing

Grieving life and loss during the pandemic

Psychological impact of COVID-19: Know the signs of anxiety, panic attacks, depression, suicide

Seven crucial research findings that can help people deal with COVID-19

Speaking of Psychology: Managing Your Mental Health During COVID-19

Mental Health and Resilience

Building your resilience

Faith in a time of crisis

How will people react to the new financial crisis?

Quickly calming distress and improving mental health

Take a healthy break from your computer and your house

That Discomfort You’re Feeling Is Grief