

InkWell Anti-Racist Resource Sheet

'Cause we won't get Mad justice without racial justice!

For Asian Folks:

- Subtle Asian Mental Health: A private online community providing an open and safe space for individuals of Asian descent to share their thoughts and feelings.
https://www.facebook.com/groups/354874495069490/?ref=br_rs
- For writers of Asian and/or Pacific Islander descent with completed manuscripts: #APIpit is a Twitter pitch contest launching in May. It's also open to illustrators. Find out more here: <https://apipit.com/>
- The Asian Mental Health Collective website contains resources including help finding an Asian Canadian therapist, an interview series, a podcast, a community blog, and more: <https://www.asianmhc.org>.
- Elimin8hate: anonymous reporting for Asian Canadians who have experienced a racist attack: <https://www.elimin8hate.org/>
- Hong Fook Association: a mental health organization serving the Cambodian, Chinese, Korean, and Vietnamese communities in Toronto <https://hongfook.ca/>

For Black Folks:

- An excellent compilation of community resources in the GTA, including
 - Black therapeutic supports and trauma-informed grounding techniques
 - Black legal resources & community services
 - Black support phone lines
 - Affirming Black content
 - Music for Black healing/affirmation/grief/crying/dreaming; Playlistshttps://docs.google.com/document/d/1de4xePkB6WzYqSWDaadJcuJgNtN4X-T8_tkvWV1_FDM/edit?usp=sharing

For Indigenous Folks:

- Native Women's Resource Centre of Toronto Indigenous Support Hotline: 647.951.9691, from 8 am to 12 am, providing:
 - A safe space for dialogue
 - Referrals for services
 - Access to Traditional Healers/Elders/Knowledge Keepers

- Talk4Healing is a 24-hour crisis line for Aboriginal women in Ontario. Call or text 1.855.554.HEAL or visit <http://www.talk4healing.com/> to chat with a counsellor online.
- Anishnawbe 24/7 Mental Health Crisis Management Service: 416.891.8606

For BIPOC Folks:

- Healing Packet: resources for women of colour to assist them in the process towards healing and liberation:
https://docs.google.com/document/d/10afxyF23oymfr9pRMC5Z_idFkvSPmaPboAqI9vb_eTY/edit
- The Four Bodies: a holistic toolkit for coping with racial trauma:
<https://medium.com/nappy-head-club/the-four-bodies-a-holistic-toolkit-for-coping-with-racial-trauma-8d15aa55ae06>

For Anti-Racist Allies:

- Implicit Bias Test: <https://implicit.harvard.edu/implicit/>
- The Culture of Whiteness: <https://notetomywhiteself.wordpress.com/2018/05/06/the-culture-of-whiteness/>
- Racism: The Other Pandemic: https://www.utoronto.ca/racism-other-pandemic?fbclid=IwAR0iBF396nbZGi5ikxOSdA4j5Wr3xqT0Wd25_g22qbzG9wPrO68qww9kucw
- Canada Asked for A Report On Murdered and Missing Indigenous Women And Girls. Now It's Ignoring It: <https://www.chatelaine.com/opinion/mmiwg-anniversary/>
- Not Just a U.S. Problem: Black Lives Matter Here, Too, Canadians Say: <https://www.nytimes.com/2016/06/16/world/americas/toronto-police-shootings-black-lives-matter-canada.html>
- What's Wrong with Cultural Appropriation? These 9 Answers Reveal Its Harm: <https://everydayfeminism.com/2015/06/cultural-appropriation-wrong/>
- 12 (Mostly) Canadian Books about Racism, Anti-Blackness, and Anti-Racism, Plus Places to Put Your Money Where Your Mouth Is: <https://caseythecanadianlesbrarian.com/2020/06/01/10-canadian-books-about-racism-anti-blackness-and-anti-racism-plus-places-to-put-your-money-where-your-mouth-is/>
- Indigenous Ally Toolkit (2019): http://reseaumtlnetwork.com/wp-content/uploads/2019/04/Ally_March.pdf

- Anti-racism: Asian massage and sex workers should not be left behind: <https://ricochet.media/en/3569/anti-racism-asian-massage-workers-and-sex-workers-should-not-be-left-behind>
- A Letter to My Fellow Asian Women Whose Hearts Are Still Breaking: <https://www.vanityfair.com/style/2021/03/ro-kwon-letter-to-asian-women>
- Infographics, comics, posters, and videos in multiple languages to help combat anti-Asian racism in Canada: <https://act2endracism.ca/community-resources/>

For Everyone:

- Support Butterfly, a Toronto organization that advocates for the rights of Asian and migrant sex workers, by making a donation: <https://www.butterflysw.org>. You can also read and sign their declaration of support for Asian and migrant sex workers: <https://www.butterflysw.org/campaign>.
- To learn more about the issues facing Asian and migrant sex workers, Red Canary Song has an educational resource page: <https://www.redcanarysong.net/resources>
- Wonderful resources compiled by project 1907: <https://www.project1907.org/resources>
- Hollaback!: Free, online bystander intervention training <https://www.ihollaback.org/bystanderintervention/>
- To find and support Black-owned businesses in Toronto: www.afrobiz.ca