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Grief/death & race/identity & mental health/healthcare

- [No More Business as Usual: Black Lives, Deaths, and Grief Matter - Dr. Jamie Eaddy](#)
- [Black Emotional and Mental Health Collective \(BEAM\)](#)
- [Introduction to the Special Issue- Grief as an Invitation to Heal: Extending Trauma-Informed Pedagogies, Research, and Praxis](#) Sharim Hannegan-Martinez & Stephanie Cariaga
- [If We Aren't Grieving, We Aren't Healing: A Testimonio on Grief as a Trauma-Informed Practice](#) Sharim Hannegan-Martinez
- [Visions of Intergenerational Grief Work as Education for Liberation](#) Farima Pour Khorshid, Kaliyah Vernon & Carla Shalaby
- [The Realities of Black Grief with Doneila McIntosh - Dougy Center Podcast](#)
- [\(Un\)learning Limited Grief Constructs: Advancing an Intersectional Grief Literacies Theoretical Framework - Sakeena Everett, University of Connecticut](#)
- [10 biggest barriers to Black mental health today - HealthCentral](#)
- [Radical Death Studies, Culture & Ethnicity](#)
- [Disenfranchised Grief: When No One Seems to Understand Your Loss - Healthline](#)
- [Cultural Bereavement: Missing the Home You Needed to Leave - New York Times](#)
- [Cultural Bereavement with Tida Beattie - Dougy Center Podcast](#)
- [Bereaved spouses, children, parents and siblings are all at-risk of premature death as a result of their loss. - Evermore](#)
- [Death of family members as an overlooked source of racial disadvantage in the United States - PNAS](#)
- [QuickStats: Age-Adjusted Rates* of Firearm-Related Homicide,† by Race,§ Hispanic Origin, and Sex — National Vital Statistics System, United States, 2021 - CDC](#)
- [Historical Trauma and Unresolved Grief: Implications for Clinical Research and Practice with Indigenous Peoples of the Americas - Maria Yellow Horse Brave Heart, PhD Associate Professor of Psychiatry/Director, Native American & Disparities Research Center for Rural & Community Behavioral Health](#)
- [How people of color can grieve differently than White people - HuffPost](#)
- [Take Note: Dr. Tashel Bordere on Suffocated Grief - WPSU podcast](#)
- [BEAM's Core Assumptions - BEAM](#)
- [8 ways we can reduce Black maternal mortality - Self](#)
- [Fatal Violence Against the Transgender and Gender-Expansive Community in 2023 - Human Rights Campaign](#)
- [Decolonizing Mental Health - Shawna Murray-Browne](#)

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PAUSE

- [Composting Grief Into Light: Building Agentive Healing Literacies with BIPOC Adolescent Writers Authors - Jerica Coffey City, College of San Francisco](#)
- [Making the body a home](#)
- [Aspects of Culturally Competent Care That We Don't Talk About But Need To - NAMI](#)
- [Racism is a Serious Threat to the Public's Health - CDC](#)
- [The Imposition of Black Grief - YES! Magazine](#) [The Imposition of Black Grief - Steinberg Institute](#)
- [Breaking down the myth of the 'strong Black woman' - GMA](#)
- [On mourning and manhood: the burdens we Black men must carry - The Guardian](#)
- [Challenges faced by BIPOC women in therapy - StellaNova Women](#)
- [Strong Black Woman myth - AJ](#)
- [Why Asian-American's Don't Seek Help for Mental Health - McLean Hospital](#)
- [Navigating Mental Health as an Asian American - Houston News](#)
- [It's okay to cry: Grieving as an Asian-American - Visible Magazine](#)
- [Asian Grief: 5 Ways My Chinese-American Heritage Shaped My Experience of Grief and Loss - Charlene Lam](#)
- [Mental Health Challenges in Latino Communities - NAMI CA](#)
- [Grief through the lens of Latino culture - Eluna Networ](#) [Talking about mental health in the latino community - Video](#)
- [From Grief to Grievance: Combined Axes of Personal and Collective Grief Among Black Americans - Frontiers](#)
- [More than Tuskegee: Understanding Mistrust about Research Participation - NCBI/NIH](#)
- [Mental health treatment is a privilege many people can't afford - NAMI Iowa](#)
- [Best mental health apps for People of Color - NY Mag](#)
- [The importance of culturally attuned care - Berkeley](#)
- [La Operación Documentary](#) on the illegal sterilization that happened to Puerto Rican women. In the 1930s, doctors in Puerto Rico falsely pushed women into sterilizations as the only means of contraception. It is estimated that between 1947-1948, 7% of Puerto Rican women in Puerto Rico were sterilized and by 1956, one out of three women suffered the same fate. In many cases, Puerto Ricans were told their tubes were being tied, but never told it was an irreversible procedure.

Grief/death

- [What Is Traumatic Grief? - PsychCentral](#)
- [Radical Death Studies Canon](#)
- [Traumatic Grief - PsychCentral](#)

Identity

- [Exploring the concept of identity - Facing History](#)
- [Understanding Intersectionality - Medium](#)
- [A Quick Guide to the -isms and -phobias - OHSU](#)
- [What is Colorism? - Learning for Justice](#)



Mental health

- [Secondary Loss - GrievingStudents.org](#)
- [Liberation-based Therapy](#)
- [Liberation-based Therapy](#)
- [Liberation-based Therapy](#)
- [NAMI](#)
- [Therapist Statistics 2024 By Therapy, Ethnicity, Sectors - Media Market](#)

Therapy collectives for POC

- [Clinicians of Color](#)
- [Therapy for Black Girls](#)
- [Therapy for Black Men](#)
- [Melanin and Mental Health](#)
- [Latinx Therapy](#)
- [Asian Mental Health Collective](#)
- [South Asian Mental Health Initiative and Network](#)
- [South Asian Therapists](#)
- [Seema Muslim Therapists Directory](#)
- [Inclusive Therapists](#)
- [Free Black Therapy](#)
- [National Queer and Trans Therapists of Color Network](#)
- [ZenCare](#)
- [Open Path Collective](#)

Folks we love at PAUSE!

- [Unearthing Tradition - Instagram](#)
- [The Color of Grief - Instagram](#)
- [Hello I'm Grieving - Instagram](#)
- [The Nap Ministry - Instagram](#)
- [Sad Girls Club](#)
- [Therapy for Black Girls](#)
- [Latinx Therapy](#)
- [Hello I'm Grieving](#) (A grief awareness brand dedicated to creating a supportive and positive community centered around grief awareness)
- [The Color of Grief](#) (African American Grief Community who speak about how grief shows up in their lives)
- [The Glorious Hum](#) (Grief Guide and founder of Black Folks Grieve)
- [A Sacred Passing](#) (Collaborating to increase accessibility to death care & community education)
- [Kelli Dillon](#) (Heart-Centered Life and Death Planning Educator)



- [Unearthing Tradition](#) (Unearthing Tradition is a holistic wellness organization, offering life cycle support)
- [Dearly Bereaved](#) (Grief Guide offering death mediation and living funeral planning)
- [Mom Of My Mom](#) (Caregiver for caregivers)
- [Tembi Locke](#) (Writer, entrepreneur and thought-leader in creativity and resilience)
- [Dr. Mekel Harris](#) (A licensed psychologist with a long-standing career in mental health specializing in grief)
- [The AC Care Alliance Advanced Illness Care Program™](#) (A faith-based lay care navigation intervention serving individuals with advanced illness and their caregivers)
- [Stacy Scates](#) (A licensed marriage and family therapist, yoga instructor and sound therapist focusing on anxiety, depression, grief, loss, and intimacy)
- [Grief Gems: From The Mouth Of A Griever and Death Doula Kindle Edition by Sundari Malcolm](#) (A truthful roadmap to read while moving through the hurricane of Grief. It offers insight into your loss, journal prompts and action steps)
- [Roberta's House](#) (Roberta's House provides trauma-informed care and addresses grief as a public health service)
- [Marisa Renee Lee](#) (An award-winning advocate, writer, and speaker on coping with grief and loss of all forms)

Books we love at PAUSE!

[Our book nook!](#)

- [Grief Gems - Sundari Malcolm](#)
- [Cardamom and Kavate - Shop](#)
- [Grief is Love - Marisa Renee Lee](#)
- [Grieving While Black - Breeshia Wade](#)
- [Life, Death, Grief and the Possibility of Pleasure - Oceana Sawyer](#)
- [Things I Wish I Knew Before My Mother Died - Ty Alexander](#)
- [Self-Care for Grief - Nneka Okona](#)