

# Exploring Racism – Resources

## Resources

- Helpful link on racism and mental health: <https://www.mind.org.uk/information-support/tips-for-everyday-living/racism-and-mental-health/useful-contacts>
- Examples of Microaggressions from the University of Minnesota School of Public Health: <https://sph.umn.edu/site/docs/hewg/microaggressions.pdf>
- Ipsos Mori (2021) Public Perceptions of Systemic Racism in the UK. Ipsos. PDF: <https://www.ipsos.com/en-uk/new-ipsos-report-public-perceptions-systemic-racism-uk>
- Act.tv. (2019). Systemic Racism Explained. YouTube Video: [https://www.youtube.com/watch?v=YrHIQIO\\_bdQ](https://www.youtube.com/watch?v=YrHIQIO_bdQ)

## References/further reading

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