

## Supporting Anti-racism

### Getting support

We recognise anti-racism can be emotional work, especially for those with lived experiences of racism. The following organisations offer support. Please note, some of these organisations work with specific groups.

Support for people who identify as Black

- Black Minds Matter UK - <https://www.blackmindsmatteruk.com/>
- The Empowerment Group - <https://www.theempowermentgroup.co.uk/>
- Bayo - <https://bayo.ubele.org/>

Support for people who identify as Women of Colour

- Warrior Reminder - <https://www.warriorreminder.com/>

Support for people who identify as Punjabi

- Taraki - <https://www.taraki.co.uk/>

You can find your local Mind group here: <https://www.mind.org.uk/information-support/local-minds/>

For more sources of support, visit our Wellbeing Hub here:

<https://www.museumsassociation.org/careers/wellbeing-hub/further-resources/>