

Online resources for support

Children

- <https://www.bbc.co.uk/newsround/53068444>
- <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/children-race-racism-racial-bullying/#talk>

Young people

- <https://www.youngminds.org.uk/young-person/coping-with-life/racism-and-mental-health/>
- <https://arada.org/how-to-deal-with-racism/>

Mental health

- <https://www.mind.org.uk/information-support/tips-for-everyday-living/racism-and-mental-health/>

Advice and assistance

- <http://www.equalityadvisoryservice.com/app/home>
- <https://www.citizensadvice.org.uk/law-and-courts/discrimination/protected-characteristics/race-discrimination/>

Legal rights

- <https://www.gov.uk/discrimination-your-rights>
- <https://www.equalityhumanrights.com/en>

Anti-racism resources

- <https://www.bps.org.uk/power-threat-meaning-framework/anti-racism/resources>

Modern slavery

- <https://www.antislavery.org/slavery-today/>
- <https://www.modernslaveryhelpline.org/>
- <https://www.gov.uk/government/publications/support-for-victims-of-human-trafficking>

NB: if any of the links do not work from this pdf, please copy and paste into your browser