



The Anna Freud Centre has released a podcast series called ***Talking racism and mental health in schools*** and is available, completely free by [clicking here](#).

Racism has a detrimental impact on the lives of Black and racially minoritised young people, and when experienced it affects both their mental health and potential to thrive.

The podcast series features experts in mental health, education and anti-racism exploring topics like representation, culture and community, and provides advice and practical steps to support all education staff to create a whole school community which is anti-racist.

Guests on the podcast include former teacher, campaigner, author and speaker the Honourable Stuart Lawrence, and Eve Doran, researcher at Black Learning Achievement and Mental Health (BLAM). The podcast episodes also feature the voices and experiences of teachers.