

# Diversity, Equity & Inclusion Resources

**Recommended by attendees during the Pan-Sussex Digital Mental Health Communications Training Programme for Professionals.**

## Supporting Neurodivergence

- **More than Words** – Supporting Autistic People in Health Care Settings. See weblink below. **Click here:** <https://www.boingboing.org.uk/wp-content/uploads/2022/09/More-than-words-supporting-effective-communication-with-autistic-people-in-health-care-settings.pdf>

## Understanding Unconscious Bias and Microaggressions

- **Microaggressions: How Microaggressions are like Mosquito Bites • Same Difference.** **Click here:** <https://www.youtube.com/watch?v=nQ9l7y4UuxY>
- Dr. Gina Brown (7/9/22): **Micro/Macro-Aggressions and Unconscious Bias.** **Click here:** <https://www.youtube.com/watch?v=4uQmYlOCJqM>
- Dr. Frieda Outlaw (21/9/22): **Imposter Syndrome and the Burden of Representation.** **Click here:** [https://www.youtube.com/watch?v=6dLfUiFBj\\_o](https://www.youtube.com/watch?v=6dLfUiFBj_o)
- Daniela Vargas (5/10/22): **Nursing Code of Ethics and Ethical implications of Racism:** Understanding the ethical responsibilities to the profession and patients. **Click here:** [https://www.youtube.com/watch?v=D8Ob\\_QplhPQ](https://www.youtube.com/watch?v=D8Ob_QplhPQ)
- Dr. Erika Brown (19/10/22): **Courageous Conversations and Allyship.** **Click here:** <https://www.youtube.com/watch?v=SP41Ruv8cLU>
- Dr. Kenya Beard (2/11/22): **Handling retaliation: when to fight and when to walk away.** **Click here:** <https://www.youtube.com/watch?v=qhhRpa4xHkA>