



Sistas Staying Well Resource List

COVID-19 Resources for Black Women | 2020

Audre Lorde

“Caring for myself is not self-indulgence. It is self-preservation, and that is an act of political warfare.”

Looking for a Culturally Informed Therapist?

Directory for Therapy for Black Women

<https://providers.therapyforblackgirls.com/>

National Queer and Trans Therapist of Color Network

<https://www.nqtcn.com>

National Alliance on Mental Health

<https://www.nami.org/find-support/diverse-communities/african-americans>

Want to Reach out to Someone Now?

Crisis Text Line	Text “HOME” to 741741
WARM Support Line (M-F 8AM-5PM)	866-359-7953
Domestic Violence Hotline	877-384-4390
National Sexual Assault Hotline	800-656-HOPE (4673)
National Suicide Prevention Lifeline	800-273-8255

Resources & Coping Tips During the COVID-19 Pandemic

Comprehensive list of resources and coping tips by Suicide Prevention Lifeline

<https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/>

COVID-19 resource and information guide by NAMI

<https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>

Extensive list of resources for survivors by Futures without Violence

<https://www.futureswithoutviolence.org/get-updates-information-covid-19/>

Resources to support youth and families

<https://youth.gov/feature-article/covid-coronavirus-resources>

Black Women’s Wellness Organizations

Black Women for Wellness (<https://www.bwwla.org/>)

Black Women’s Health Imperative (<https://bwhi.org/>)

Black Women’s Wellness Podcasts and Apps

Therapy for Black Girls (<https://therapyforblackgirls.com/podcast/>)

Intersectionality Matters (<https://aapf.org/podcast>)

Liberate Meditation (<https://liberatemeditation.com/>)

National Black Wellness Organizations, Podcasts & Resources

Association of Black Psychologists (<http://www.abpsi.org/>)

Black Emotional and Mental Health Collective (<https://www.beam.community/>)

Community Healing Network (<https://www.communityhealingnet.org/>)

National Association of Black Social Workers (<https://www.nabsw.org/>)

Essence Studio, Wellhouse (<http://wellnesshouse.essencestudios.com>)

Couched in Color Podcast

Raising Equity Podcast

Maya Angelou

“Take a day to heal from the lies you told yourself and the ones that have been told to you.”

Black Women’s Wellness Instagram Pages

@dr.thema

@therapyforblackgirls

@blackwomensyogaco

@therealdebbeiallen

@dr_nat_psychologist

@wellreadblackgirl

@OurMHM

@coachcassfit

@girltrek @

TED Talks by Black Women on Emotional & Physical Wellness

Dear Black Women, Let’s Talk about Healing | Angela Bowden

<https://www.youtube.com/watch?v=deJd1X6YW-I>

Cultivating Unconditional Self-Worth | Adia Gooden

<https://www.youtube.com/watch?v=EirIZ7fy3bE>

Unpacking Bias in Seeking Mental Health Care for WOC | Chandra Carey

<https://www.youtube.com/watch?v=iLhRbKV0ji0>

Emotional Well-being Affects Personal Growth | Simone Cox

<https://www.youtube.com/watch?v=BBTIVXLbHWY>

Make Emotional Intelligence Great Again | Janice Gassam

https://www.youtube.com/watch?v=IS60_5bALFs

Blueprint for the Black Joy Era | Jazmine Walker & Amber Phillips

<https://www.youtube.com/watch?v=ZzP3AxOmmjY>

Self-care as a Tool of Liberation | Malebo Sephodi

<https://www.youtube.com/watch?v=ja4CE4s9gj4>

The Trauma of Systematic Racism is Killing Black Women. A First Step Toward Change... | T. Morgan Dixon and Vanessa Garrison

<https://www.youtube.com/watch?v=8oLL43PKJKw>

Books by Black Women about Emotional & Physical Wellness

- *Self-Care Prescription* by Dr. Robyn L. Gobin, PhD
- *Black Girls Heal* by Shena Tubbs, M.MFT, LPC
- *I Got This! 30 Day Tips for Black Women with Anxiety and Depression* by Latoya Foster Johnson, MA, LPC
- *What’s for Dinner? A free digital cookbook* by Dr. Lauren
<https://dinnerwithdrlauren.com/whats-for-dinner>
- *Everybody Yoga* by Jessamyn Stanley

Academic Articles about Black Women & Emotional Wellness

- Bryant-Davis, T. (2013). Sister friends: A reflection and analysis of the therapeutic role of sisterhood in African American women's lives. *Women & Therapy*, 36(1-2), 110-120.
- Bryant, C. (2018). Re-memembering ourselves: Confession as a pathway to conscientization. *Meridians*, 16(2), 351-362.
- Brown, D. L., Blackmon, S. K., Griffin-Fennell, F., Darden, T., & Bannerman, D. (2020). Intersectional perspectives of Black women’s mental health: Strategies for clinical training. *Women & Therapy*, 1-18.
- Evans, S. Y. (2015). Healing traditions in black women’s writing: Resources for poetry therapy. *Journal of Poetry Therapy*, 28(3), 165-178.
- Gómez, J. M., & Gobin, R. L. (2020). Black women and girls & #MeToo: Rape, cultural betrayal, & healing. *Sex Roles*, 82(1-2), 1-12.
- Horn, J. (2020). Decolonising emotional well-being and mental health in development: African feminist innovations. *Gender & Development*, 28, 85-98