Sistas Staying Well Resource List

COVID-19 Resources for Black Women | 2020
“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.nqttcn.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
COVID-19 resource and information guide by NAMI
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
“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       @therealdebbieallen       @OurMHM
@therapyforblackgirls @dr_nat_psychologist       @coachcassfit
@blackwomensyogaco @wellreadblackgirl       @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=dEcJd1X6YW-I
Cultivating Unconditional Self-Worth | Adia Gooden
https://www.youtube.com/watch?v=EirlZ7fy3bE
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=LS6o5bALFs
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=80lI43PKJKw

Books by Black Women about Emotional & Physical Wellness

- Self-Care Prescription by Dr. Robyn L. Gobin, PhD
- Black Girls Heal by Shena Tubbs, MMFT, 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