Race, Racism, & Mental Health Resources

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Black Mental Health Resources

Experiencing and witnessing racism in any of its forms has traumatic effects that can build up with time and repetition. Resources to help Black people and other people of color care for their mental health through the trauma of racism are listed below.

ORGANIZATIONS

Black Emotional and Mental Health Collective (BEAM) is a training, movement building, and grant making organization dedicated to the healing, wellness, and liberation of Black and marginalized communities.

Black Girls Smile Inc. promotes positive mental health for young African American girls.

Black Mental Health Alliance develops, promotes, and sponsors trusted, culturally-relevant educational forums, trainings, and referral services that support the health and wellbeing of Black people and other vulnerable communities.

Black Mental Wellness provides access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective, highlights and increases the diversity of mental health professionals, and decreases the mental health stigma in the Black community.

(Instagram)

Eustress raises awareness on the importance of mental health in underserved communities, allowing individuals to identify and overcome challenges to achieve a healthier and productive lifestyle.

Inclusive Therapists aims to make the process of seeking therapy simpler and safer for all people, especially marginalized populations.

Melanin and Mental Health connects individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities.

National Organization for People of Color Against Suicide, founded by suicide loss survivor, Dr. Donna Barnes, works to reduce the stigma of suicide prevention among communities of color through training and advocacy.

Sista Afya Community Mental Wellness sustains the mental wellness of Black women through building community, sharing information, and connecting Black women to quality mental wellness services.

The AAKOMA Project helps diverse teenagers and their families achieve optimal mental health through dialogue, learning, and the understanding that everyone deserves care and support.

The Loveland Foundation provides financial support for therapy for Black women and girls.
The National Queer & Trans Therapists of Color Network (NQTTCN) is a healing justice organization committed to transforming mental health for queer and trans people of color (QTPoC).

Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls. (Twitter | Facebook)

Therapy for Black Men is a directory to help men of color in their search for a therapist. (Instagram)

**BOOKS**

*The Unapologetic Guide to Black Mental Health: Navigate an Unequal System, Learn Tools for Emotional Wellness, and Get the Help You Deserve* by Dr. Rheeda Walker

12 Books on Mental and Emotional Health by Blackety Black Folks, a reading list by Alexander Hardy

*Black Men and Depression* by John Head

*Black Pain: It Just Looks Like We're Not Hurting* by Terrie M. Williams

*My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies* by Resmaa Menakem, MSW, LICSW, SEP

**ONLINE RESOURCES, APPS, AND SOCIAL MEDIA**

Decolonizing Therapy Instagram and Twitter: Resources on healing ancestral trauma compiled by Dr. Jennifer Mullan, clinical psychologist and community organizer.

Depressed While Black: An online community, blog, and video hub for Black mental health.

Grief is a Direct Impact of Racism: Eight Ways to Support Yourself: An article by global health professor Roberta K. Timothy.


Melanated Social Work Instagram and podcast: Mental health resources, information, and discussions created and curated by four men of color in the social work field.

Mental Health Tips for African Americans to Heal after Collectively Witnessing an Injustice: A self-care video by Brandon J. Johnson, M.H.S.

Racial Trauma and Self-Care in Tragedy: A resource list by University of North Texas.

Racism and Violence: How to Help Kids Handle the News: A conversation between Kenya Hameed, PsyD and Jamie Howard, PhD of Child Mind Institute.

The Safe Place: A minority mental health app geared specifically towards the black community.
The Impact of Racism & Trauma on Emotional and Mental Health

Learn about the mental health disparities experienced by the Black community as a result of systemic racism.

Addressing Law Enforcement Violence as a Public Health Issue | American Association of Public Health

Adverse Community Experiences and Resilience: A Framework for Addressing and Preventing Community Trauma | Prevention Institute

Behavioral Health Equity for Black/African American People: Data, Reports, and Issue Briefs | SAMHSA

Black & African American Communities and Mental Health | Mental Health America

Double Jeopardy: COVID-19 and Behavioral Health Disparities for Black and Latino Communities in the U.S. | SAMHSA

Free Racialized Trauma Course | Cultural Somatics Institute

Healing the Hidden Wounds of Racial Trauma | Kenneth V. Hardy

Improving Cultural Competency for Behavioral Health Professionals (Free Online Training) | HHS

Racial Trauma is Real: The Impact of Police Shootings on African Americans | Dr. Erlanger A. Turner & Jasmine Richardson

Ring the Alarm: The Crisis of Black Youth Suicide in America | The Congressional Black Caucus Emergency Task Force on Black Youth Suicide

The Link Between Racism and PTSD | Dr. Monnica T. Williams, Psychology Today

The Trauma of Racism | New York University Silver School of Social Work

Uncovering the Trauma of Racism: New Tools for Clinicians | Dr. Monnica T. Williams, Psychology Today

Understanding Racial Trauma-Informed Interventions | Alexandra Pajak, LCSW, Social Work Today

Taking Action Against Racism

*Being antiracist requires ongoing, often difficult work. It's normal and okay to make mistakes and experience feelings of guilt, discomfort, and sadness during this process. Remember that the work you're doing is important and necessary, and to push through tough emotions.*

**LEARN**

13th: A documentary directed by Ava Duvernay on how the country's history of racial inequality drives the high rate of incarceration in America.

Being Antiracist: Information and activities from the National Museum of African American History & Culture.

Implicit Association Test (IAT): An assessment to uncover subconscious biases you may hold.

Mona Chalabi: An Instagram account with visual representations of data on social issues, including race.
Racism and Violence: How to Help Kids Handle the News: A conversation between Kenya Hameed, PsyD and Jamie Howard, PhD of Child Mind Institute.


The Comprehensive Guide to Anti-Racism Resources: A guide for anti-racism supports — articles, videos, podcasts, books, films, resources for parents, and more — created by Sarah Sophie Flicker and Alyssa Klein.

The Conscious Kid: An Instagram account and Patreon site with information on parenting and education through a critical race lens.


TEACH

Addressing Race and Trauma in the Classroom: A Resource for Educators | The National Child Traumatic Stress Network

Racism and Violence: How to Help Kids Handle the News — Racismo y violencia: cómo ayudar a los niños a sobrellevar las noticias | Child Mind Institute

Social Justice Resources: They’re Not Too Young to Talk About Race | The Children’s Community School

Social Justice: Resources for Talking with Your Children | Glazer Children’s Museum

Talking About Race | National Museum of African American History & Culture

Tolerance Lesson: Talking About Race and Racism (Grade Level 9-12) | Teaching Tolerance

SUPPORT AND DONATE

Black Emotional and Mental Health Collective (BEAM) is a training, movement building, and grant making organization dedicated to the healing, wellness, and liberation of Black and marginalized communities.

Eustress raises awareness on the importance of mental health in underserved communities, allowing individuals to identify and overcome challenges to achieve a healthier and productive lifestyle.

Melanated Social Work shares mental health resources, information, and discussions created and curated by four men of color in the social work field.

My Brother's Keeper Cares strives to remain a consistent support network that people can relate to and rely on within the urban environment.

Sista Afya Community Mental Wellness sustains the mental wellness of Black women through building community, sharing information, and connecting Black women to quality mental wellness services.
The Boris Lawrence Henson Foundation provides support for and brings awareness to mental health issues that plague the African American community.

The Loveland Foundation provides financial support for therapy for Black women and girls.

The Tupac Amaru Shakur Foundation addresses mental health conditions and eradicates the effects of trauma on the Black community by providing access to therapeutic resources, creative arts, and education designed to support mental health, physical wellness, and overall development.

To suggest additional materials and resources, please reach out to info@psychhub.com

Find a comprehensive library of free mental health videos that may help to further educate on topics of mental health, substance use, and suicide prevention at www.psychhub.com.