



# Mental Health Resources for Black People

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# Organizations



## **BLACK EMOTIONAL AND MENTAL HEALTH COLLECTIVE (BEAM)**

Group aimed at removing the barriers Black people experience getting access to or staying connected with emotional health care and healing. They do this through education, training, advocacy and the creative arts.

## **BLACK MEN HEAL**

Limited and selective free mental health service opportunities for Black men.

## **BLACK MENTAL HEALTH ALLIANCE**

Provides information and resources and a “Find a Therapist” locator to connect with a culturally competent mental health professional.

## **BLACK MENTAL WELLNESS**

Provides access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective, as well as training opportunities for students and professionals.

## **BLACK WOMEN’S HEALTH IMPERATIVE**

Organization advancing health equity and social justice for Black women through policy, advocacy, education, research and leadership development.

## **BORIS LAWRENCE HENSON FOUNDATION**

BLHF has launched the COVID-19 Free Virtual Therapy Support Campaign to raise money for mental health services provided by licensed clinicians in the BLHF network. Individuals with life-changing stressors and anxiety related to the coronavirus will have the cost for up to five (5) individual sessions defrayed on a first come, first serve basis until all funds are committed or exhausted.

# Organizations



## [EBONY'S MENTAL HEALTH RESOURCES BY STATE](#)

List of Black-owned and focused mental health resources by state as compiled by Ebony magazine.

## [MELANIN AND MENTAL HEALTH](#)

Connects individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities. Promotes the growth and healing of diverse communities through its website, online directory and events.

## [OURSELVES BLACK](#)

Provides information on promoting mental health and developing positive coping mechanisms through a podcast, online magazine and online discussion groups.

## [SISTA AFYA](#)

Organization that provides mental wellness education, resource connection and community support for Black women.

## [THERAPY FOR BLACK GIRLS](#)

Online space dedicated to encouraging the mental wellness of Black women and girls. Offers listing of mental health professionals across the country who provide high quality, culturally competent services to Black women and girls, an informational podcast and an online support community.

## [THE SIWE PROJECT](#)

Non-profit dedicated to promoting mental health awareness throughout the global Black community.

# Organizations



## THE STEVE FUND

Organization focused on supporting the mental health and emotional well-being of young people of color.

## THE LOVELAND FOUNDATION

Founded by writer, lecturer, and activist Rachel Elizabeth Cargle, the Loveland Foundation works to make mental health care more accessible for Black women and girls. It does this through multiple avenues, such as the Therapy Fund, which partners with various mental health resources to offer financial assistance to Black women and girls across the nation who are trying to access therapy. Its Instagram feed is a great mix of self-care tips and posts highlighting various Black mental health experts, along with information about panels and meditations.

## THE WEIGHT ROOM FOR BLACK & BROWN MEN'S MENTAL HEALTH

The Weight Room provides virtual culturally appropriate services exclusively to Black & Brown boys and men (ages 13 to 99) through individual, couples, family, and group services as well as wellness workshops. TWR also is a staple of research exclusively for Black and Brown boys and men by collecting necessary and helpful data to assist with future helpful research that will impact their wellbeing.

## BLACK GIRLS SMILE, INC

Black Girls Smile was founded with a mission to provide young Black women with education, resources, and support to lead mentally healthy lives. BGS' mission is grounded in research, focus group findings, and personal experiences highlighting the under-served and underrepresented mental health needs of young Black women.

# Accounts to Follow on Instagram



## [BLACK GIRL IN OM](#)

This brand describes its vision as “a world where womxn of color are liberated, empowered & seen.” On its feed you can find helpful resources like meditations, along with a lot of joyful photos of Black people.

## [SAD GIRLS CLUB](#)

This account is all about creating a mental health community for Gen Z and millennial women who have mental illness, along with reducing stigma and sharing information about mental health services. Scroll through the feed and you’ll see many people of color, including Black women, openly discussing mental health—a welcome sight.

## [BROWN GIRL SELF-CARE](#)

With the mission to “Help Black women healing from trauma go from ‘every once in a while’ self-care to EVERY DAY self-care,” this feed features tons of affirmations and self-care reminders that might help you feel a little bit better. Plus, in June, the account is running a free virtual Self-Care x Sisterhood circle every Sunday.

## [TRANSPARENT BLACK GIRL](#)

Online space dedicated to encouraging the mental wellness of Black women and girls. Offers listing of mental health professionals across the country who provide high quality, culturally competent services to Black women and girls, an informational podcast and an online support community.

## [TRANSPARENT BLACK GUY](#)

The brother resource to Transparent Black Girl, is also very much worth a follow, particularly given the stigma and misconceptions that often surround Black men being vulnerable about their mental health.

# Directories



1. [Ayana Therapy](#)
2. [Black Female Therapists](#)
3. [Black Virtual Therapist Network](#)
4. [Inclusive Therapists \(and its directory specifically of therapists offering reduced-fee teletherapy\)](#)
5. [LGBTQ Psychotherapists of Color in California](#)
6. [Melanin and Mental Health](#)
7. [My Tru Circle \(from Black Therapists Rock\)](#)
8. [National Queer and Trans Therapists of Color Network](#)
9. [Psychology Today](#)
10. [Sista Afya's preferred providers in Chicago](#)
11. [The Association of Black Psychologists](#)
12. [Therapy for Black Girls](#)
13. [Therapy for Black Men](#)
14. [Therapy for Queer People of Color](#)
15. [Zencare](#)

# Racial Trauma & Healing



1. Digital Self-care for Black individuals coping with trauma
2. Black Lives Matter Meditation for Healing Racial Trauma
3. The Four Bodies: A Holistic Toolkit for Coping with Racial Trauma
4. Tips For Self-Care: When Police Brutality Has You Questioning Humanity and Social Media Is Enough
5. Emotionally Restorative Self-Care for People of Color
6. The Road to Resilience
7. Self-Care for people of color after emotional and psychological trauma
8. 101 Ways to Take Care of Yourself when the World Feels Overwhelming
9. Tips to support individual and community healing

## Books



[YOU ARE YOUR BEST THING: VULNERABILITY, SHAME RESILIENCE, AND THE BLACK EXPERIENCE EDITED BY TARANA BURKE AND DR. BRENE BROWN](#)

[THE UNAPOLOGETIC GUIDE TO BLACK MENTAL HEALTH - DR. RHEEDA WALKER](#)

[HOMECOMING \(PODCAST AND BOOK\) - DR. THEMA BRYANT-DAVIS](#)

## Apps



### [LIBERATE APP](#)

A safe space for the Black community to develop a daily meditation habit.

### [SHINE APP](#)

Learn a new self-care strategy every day, get support from a diverse community, and explore an audio library of over 800+ original meditations, bedtime stories, and calming sounds to help you shift your mindset or mood.

### [BLACKFULLNESS APP](#)

Holistic wellbeing and stress reduction intentionally designed with Black people in mind



# Sources



1. Barnes, Zahra. "44 Mental Health Resources for Black People Trying to Survive in This Country." SELF, [www.self.com/story/black-mental-health-resources](http://www.self.com/story/black-mental-health-resources).
2. "NAMI News." NAMI, [nami.org/About-NAMI/NAMI-News/2020/NAMI-s-Statement-On-Recent-Racist-Incidents-and-Mental-Health-Resources-for-African-Americans?gclid=EAIaIQobChMIvcHIhcGd6gIVRMDICh3YfAIPEAAAYASAAEgLQU PD\\_BwE](http://nami.org/About-NAMI/NAMI-News/2020/NAMI-s-Statement-On-Recent-Racist-Incidents-and-Mental-Health-Resources-for-African-Americans?gclid=EAIaIQobChMIvcHIhcGd6gIVRMDICh3YfAIPEAAAYASAAEgLQU PD_BwE).
3. "Racial Trauma, Resiliency and Ally Resources." CSUSM, [www.csusm.edu/counseling/race.html](http://www.csusm.edu/counseling/race.html).
4. "UNT." Racial Trauma and Self-Care in Tragedy | Division of Student Affairs, [studentaffairs.unt.edu/counseling-and-testing-services/guides/self-help-resources/racial-trauma-and-self-care-in-tragedy](http://studentaffairs.unt.edu/counseling-and-testing-services/guides/self-help-resources/racial-trauma-and-self-care-in-tragedy).

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