

# MENTAL HEALTH RESOURCES FOR BLACK COMMUNITIES

## ORGANIZATIONS FOR CONNECTIONS TO THERAPY AND SUPPORT

### **Black Emotional and Mental Health (BEAM)**

Training, movement building and grant making organization dedicated to the healing, wellness, and liberation of Black communities.

[www.beam.community](http://www.beam.community)

### **Black Girls Smile**

Promotes positive mental health for young African American girls.

[www.blackgirlssmile.org](http://www.blackgirlssmile.org)

### **Black Men Heal**

Provides access to mental health treatment, psycho-education, and community resources to men of color.

[www.blackmenheal.org](http://www.blackmenheal.org)

### **Black Mental Health Alliance**

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

[www.blackmentalhealth.com](http://www.blackmentalhealth.com)

### **Black Women’s Health Imperative**

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

[www.bwhi.org](http://www.bwhi.org)

### **The Boris Lawrence Henson Foundation**

Changing the perception of mental illness in the African-American community by encouraging people to get the help they need. Focuses on stigma/self-stigma reduction and building trust between Black people and the mental health field.

[www.borislhensonfoundation.org](http://www.borislhensonfoundation.org)

### **The Loveland Foundation**

Financial assistance to Black women & girls seeking therapy.

[www.thelovelandfoundation.org](http://www.thelovelandfoundation.org)

### **Melanin and Mental Health**

Connects individuals with culturally competent clinicians committed to serving Black & Latinx/Hispanic communities.

[www.melaninandmentalhealth.com](http://www.melaninandmentalhealth.com)

### **Innopsych**

InnoPsych strives to make therapists of color more visible in the community by making it easier for people of color to match with them.

[www.innopsych.com](http://www.innopsych.com)

### **Therapy For Black Girls**

Online space encouraging the mental wellness of Black women and girls including a therapist directory.

[www.therapyforblackgirls.com](http://www.therapyforblackgirls.com)

### **Sista Afya**

Provides low-cost mental wellness care that center the experiences of Black women through mental wellness education, resource connection and community support.

[www.sistaafya.com](http://www.sistaafya.com)

### **The Steve Fund**

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

[www.stevelfund.org](http://www.stevelfund.org)

## — ADDITIONAL RESOURCES —

These additional resources offer support for individuals in enhancing their mental health and overall well-being.

### **Dr. Ebony's My Therapy Cards**

Self-exploration cards created with the intention of helping women of color grow and elevate in the areas of emotional and mental health.

[www.mytherapycards.com](http://www.mytherapycards.com)

### **Express Yourself Black Man**

An online platform dedicated to the mental health and wellness of Black men, providing a safe space for them to share their stories, connect with supportive communities, and access resources.

[www.expressyourselfblackman.com](http://www.expressyourselfblackman.com)

### **iChill App**

This free app teaches six wellness skills from the Trauma Resiliency Model (TRM)® and Community Resiliency Model (CRM)® to help you manage sensations associated with trauma and stress, enhancing your well-being.

<https://ichillapp.com/#/minified:me>

### **The Safe Place App**

A mental health app created for the Black community, providing resources, self-care tips, and a safe space to discuss mental health issues.

[www.thesafeplaceapp.com](http://www.thesafeplaceapp.com)

### **The Black Mental Health Workbook: Break the Stigma, Find Space for Reflection and Reclaim Self Care**

*Jasmine Lamitte*

A workbook providing practical exercises, reflective prompts, and self-care strategies to help users break the stigma surrounding mental health, create space for personal reflection, and prioritize self-care.

## BOOKS WE RECOMMEND —

### **Black Pain: It Just Looks Like We're Not Hurting**

*Terrie M. Williams*

### **You Are Your Best Thing: Vulnerability, Shame Resilience, and the Black Experience**

*Tarana Burke and Brené Brown*

### **Black Rainbow: How Words Healed Me, My Journey Through Depression**

*Rachel Kelly*

### **The Color of Hope: People of Color Mental Health Narratives**

*Vanessa Hazzard*

### **Mind Matters: A Resource Guide to Psychiatry for Black Communities**

*James E. Mitchell*

### **My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies**

*Resmaa Menakem, MSW, LICSW, SEP*

### **Black Men and Depression**

*John Head*

### **Sister Resister: Mental Health and the Black Woman**

*Dr. Hilda Hutcherson*

## SOCIAL MEDIA PLATFORMS —

Social media can be a place to go to get inspired, stay in-the-know about social issues and support artists and small businesses.

**Follow these Black mental health accounts:**

### INSTAGRAM

Black Male Mental Health	@blackmalementalhealth
Black Mental Health Alliance	@bmhaofficial
Alkeme Health	@alkemehealth
The Loveland Foundation	@thelovelandfoundation
Inclusive Therapists	@inclusivetherapists
Melanin & Mental Health	@melaninandmentalhealth

### X (TWITTER)

Black Mental Health Alliance	@BlkMentalHealth
Depressed While Black	@DepressedWBlack
Melanin & Mental Health	@MelaninHealth

## LOW-COST MENTAL HEALTH CARE OPTIONS

### **Cumberland Counseling Centers**

<https://cumberlandcenters.org/>

### **Highland Rivers Behavioral Health**

<https://highlandrivers.org/>