

Mental Health Resources for Black Communities

Compiled by

COBB
COLLABORATIVE
Educating. Engaging. Empowering.

Organizations for Connections to Therapy and Support

Black Emotional and Mental Health (BEAM):

<https://beam.community>

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

Black Girls Smile: <https://www.blackgirlssmile.org>

Promotes positive mental health for young African American girls.

Black Men Heal: <https://blackmenheal.org>

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

Black Mental Health Alliance:

<https://www.blackmentalhealth.com>

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

Black Women's Health Imperative: <https://bwhi.org>

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

The Boris Lawrence Henson Foundation:

<https://borislhensonfoundation.org>

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.

Innopsych: <https://www.innopsych.com>

InnoPsych's mission is to bring healing to communities of color by changing the face and feel of therapy. They strive to make therapists of color more visible in the community by creating a path to wellness-themed business ownership; to make it faster (and easier) for people of color to match with a therapist of color.

The Loveland Foundation:

<https://thelovelandfoundation.org>

Financial assistance to Black women & girls seeking therapy.

Melanin and Mental Health:

<https://www.melaninandmentalhealth.com/about-us/>

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

Sista Afya: <https://www.sistaafya.com>

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

The Steve Fund: <https://www.stevelfund.org>

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

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

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

Therapy for Black Men: <https://therapyforblackmen.org>

Therapist directory for Black men seeking therapy. Includes some resources and stories.

Social Media Resources

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

Twitter

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

Books to Read

Black Men and Depression by John Head

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

Eloquent Rage: A Black Feminist Discovers Her Superpower by Dr. Brittney Cooper

How To Be An Antiracist by Dr. Ibram X. Kendi

Me and White Supremacy by Layla F. Saad

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

So You Want to Talk About Race by Ijeoma Oluo

The Fire Next Time by James Baldwin

The New Jim Crow: Mass Incarceration in the Age of Colorblindness by Michelle Alexander

The Next American Revolution: Sustainable Activism for the Twenty-First Century by Grace Lee Boggs

The Warmth of Other Suns by Isabel Wilkerson

When Affirmative Action Was White: An Untold History of Racial Inequality in Twentieth-Century America by Ira Katznelson

White Fragility: Why It's So Hard for White People to Talk About Racism by Robin DiAngelo, PhD

Dr. Ebony's My Therapy Cards

<https://www.mytherapycards.com>

Self-exploration card deck created by a Black female psychologist for other women of color. Created with the intention of helping other women of color grow and elevate in the areas of emotional and mental health.

Mental Health First Aid – MHFA.org

For more actionable information on how to support Black mental health, check out these related MHFA blogs:

- **Addressing Increasing Suicide Rates in the Black Community: How You Can Help**
<https://www.mentalhealthfirstaid.org/2021/02/addressing-increasing-suicide-rates-in-the-black-community-how-you-can-help/>
- **Understand Workplace Concerns of Black Employees**
<https://www.mentalhealthfirstaid.org/2021/02/during-black-history-month-understand-workplace-concerns-of-black-employees/>
- **Supporting the Black Community as a Mental Health First Aider**
<https://www.mentalhealthfirstaid.org/2021/02/supporting-the-black-community-as-a-mental-health-first-aid/>

Organizations Providing Additional Resources and Educational Materials

Every Mind: <https://www.every-mind.org/black-and-african-american-mental-health-resources/>

Georgetown Behavioral Health Institute: <https://www.georgetownbehavioral.com/node/2529>

Mental Health First Aid: <https://www.mentalhealthfirstaid.org/2022/02/black-mental-health-matters-a-resource-guide/>

NAMI: <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Black-African-American>



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