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://borishensonfoundation.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.stevefund.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](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**
- **Understand Workplace Concerns of Black Employees**
- **Supporting the Black Community as a Mental Health First Aider**

Organizations Providing Additional Resources and Educational Materials
**Every Mind**: [https://www.every-mind.org/black-and-african-american-mental-health-resources/](https://www.every-mind.org/black-and-african-american-mental-health-resources/)
**Georgetown Behavioral Health Institute**: [https://www.georgetownbehavioral.com/node/2529](https://www.georgetownbehavioral.com/node/2529)
**Mental Health First Aid**: [https://www.mentalhealthfirstaid.org/2022/02/black-mental-health-matters-a-resource-guide/](https://www.mentalhealthfirstaid.org/2022/02/black-mental-health-matters-a-resource-guide/)