

# Black Mental Health Resources

Please note: This list of resources was curated by the [National Alliance on Mental Illness \(NAMI\)](#)

- [Black Emotional and Mental Health Collective \(BEAM\)](#) Group aimed at removing the barriers that 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](#) — (410) 338-2642 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 our 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.
- [Brother You’re on My Mind](#) An initiative launched by Omega Psi Phi Fraternity, Inc. and NIMHD to raise awareness of the mental health challenges associated with depression and stress that affect Black men and families. Website offers an [online toolkit](#) that provides Omega Psi Phi Fraternity chapters with the materials needed to educate fellow fraternity brothers and community members on depression and stress in Black men.
- [Ebony’s Mental Health Resources by State](#) List of Black-owned and focused mental health resources by state as compiled by Ebony magazine.
- [Hurdle](#) Provides culturally sensitive self-care support and teletherapy for Black men and their families. Currently in pilot program available only to residents of MD, VA and DC. Residents of other states can join their waiting list and will be notified when Hurdle is available in their state.
- [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.
- [POC Online Classroom](#) Contains readings on the importance of self-care, mental health care, and healing for people of color and within activist movements.
- [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.
- [The Steve Fund](#) Organization focused on supporting the mental health and emotional well-being of young people of color.
- [Unapologetically Us](#) Online community for Black women to seek support.

## Self-Care for People of Color

In recognition of many mental health conditions are being triggered as a result of the coronavirus, the economic crisis and repeated racist incidents and death.

Learn more about [mental health conditions](#) including [anxiety disorders](#), [depression](#) and [posttraumatic stress disorder](#).

- [Article](#) on coping with anticipatory grief
- [Article](#) on coping with traumatic stress
- [Article](#) on Racial Battle Fatigue

## Treatment Directories

- [Association of Black Psychologists Directory](#)
- [Inclusive Therapists](#)
- [Innopsych](#)

Citation: National Alliance on Mental Illness | NAMI: <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Black-African-American>

- [LGBTQ Psychotherapists of Color Directory](#)
- [National Queer and Trans Therapists of Color Network](#)
- [Psychology Today Directory of African American Therapists](#)
- [Therapy for Black Men](#)

**Additional Resources:**

- [Culturally Competent Resources-local NC](#)
- [Mental Health Resources-Racial Ethnic Groups](#)
- [NAMI BIPOC Resources](#)
- [Sub Bass Healing Music: Low Frequencies Bass Meditation Music, Soothing Music for Relaxation](#)