

Mental Health and Wellness Resources



The Mecca of Black Wellness

Updated June 2018

Listed below are resources related to Black Mental Health. Several websites, culturally responsive programs, initiatives, and organizations are highlighted. This is not an exhaustive list of resources, but please, if there are additional resources that you would like to recommend, send an email to info@blackmentalwellness.com so we can add them to our list.

Websites, Initiatives, and Programs focused on Black Mental Health

AAKOMA Project

<http://www.aakomaproject.org/>

African American Therapists.Com

<http://africanamericantherapists.com/>

Association of Black Psychologists

<http://www.abpsi.org/>

Black Emotional and Mental Health Collective

<http://www.beam.community/>

Black Girls Smile

<http://www.blackgirlssmile.org/resources>

Black People Heal

<http://www.blackpeopleheal.com/about.html>

Black Therapists Rock

<https://www.blacktherapistsrock.com/>

Cultural Therapy

<https://culturaltherapy.health/>

Equity in Mental Health

<http://www.equityinmentalhealth.org/>

HBCU Center for Excellence in Behavioral Health

<http://hbcucfe.net/>

Kings Against Violence Initiative

<https://kavibrooklyn.org/>

Mental Health America

<http://www.mentalhealthamerica.net/african-american-mental-health>

National Association of Black Social Workers

<https://nabsw.site-ym.com/default.aspx>

National Network to Eliminate Disparities (NNEED) in Behavioral Health

<http://nneed.net/>

No More Martyrs

<https://www.nomoremartyrs.org/about-us/>

Therapy for Black Girls

<https://www.therapyforblackgirls.com/>

The Steve Fund

<http://www.stevfund.org>

Think Cultural Health

<https://www.thinkculturalhealth.hhs.gov/>

Young Black Men, Masculinities, and Mental Health Project

<https://www.ybmenproject.com/>

Reminder: These resources are provided for informational purposes only. Any resources listed on this page are not intended to be a formal endorsement by Black Mental Wellness.

FOR MORE INFORMATION

www.BlackMentalWellness.com



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RESOURCES DURING CRISIS OR DISTRESS

The National Suicide Prevention Lifeline

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. Visit, <https://suicidepreventionlifeline.org/> or dial 1-888-628-9454 to speak to someone.

Psychology Today

www.PsychologyToday.com

Psychology Today's Therapy Directory lists clinical professionals, psychiatrists and treatment centers that provide mental health services in the US and internationally.

Therapy for Black Girls

www.TherapyForBlackGirls.com

Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls.

Zoc Doc

www.ZocDoc.com

With Zocdoc, you can see doctors' open appointment times and book instantly online, make informed choices with verified reviews, and stay on top of important checkups with tailored reminders.

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