

**BLACK MENTAL WELLNESS
PRESENTS**

**HEALING AND
WELLNESS
TOOLKIT**



Black Mental
Wellness

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Introduction

Welcome and thank you for reading the
Healing and Wellness Toolkit
presented by Black Mental Wellness.

The mission of Black Mental Wellness is to:

- Provide access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective,
- Highlight and increase the diversity of mental health professionals,
- Decrease the mental health stigma in the Black community.

Resources are listed in alphabetical order under their designated category (books are in alphabetical order by title). Underlined listings are clickable links.

This toolkit was compiled by Caisha Williams, BSN, RN, PMH-BC.

Self-reflection

Healing is a unique personal journey - it doesn't contain the same obstacles, it doesn't have the same timelines, and it doesn't require the same accomplishments to reach success.

Reflect on your experiences and values by answering the following questions:

1. What experiences led to your healing journey?
2. What aspects of your life will you work on during your healing journey?
3. What self-care practices will you consistently incorporate into your healing journey?
4. What supports (emotional, mental, physical, and spiritual) do you have in place to support your healing journey? Are you prepared to start your healing journey?
5. Healing means accepting...
6. Healing means achieving...
7. Healing means feeling...

Healing for **BLACK WOMEN**

Virtual Resources:

- [Dear Black Women Project](#)
- [Therapy for Black Girls](#)
- [Melanin and Mental Health](#)

By Black Voices:

- *How We Heal: Uncover Your Power and Set Yourself Free* by Alexandra Elle
- *The Body Is Not an Apology, Second Edition: The Power of Radical Self-Love* by Sonya Renee Taylor
- *The Garden Within: Where the War with Your Emotions Ends and Your Most Powerful Life Begins* by Dr. Anita Phillips
- *Woman Evolve: Break Up with Your Fears and Revolutionize Your Life* by Sarah Jakes Roberts

Healing for **BLACK MEN**

Virtual Resources:

- [Black Masculinity Reimagined](#)
- [Black Men Heal](#)
- [Black Boys OM](#)

By Black Voices:

- *Between the World and Me* by Ta-Nehisi Coates
- *breathe.: a guided healing journal for black men*
by Brennan Allan Steele
- *Can't Hurt Me: Master Your Mind and Defy the Odds* by David Goggins
- *Heavy: An American Memoir* by Kiese Laymon

Healing for LGBTQIA2S+

Virtual Resources:

- [It Gets Better](#)
- [LGBTQ Mental Health Resources](#)
- [National Queer & Trans Therapists of Color Network](#)

By Black Voices:

- *All Boys Aren't Blue: A Memoir-Manifesto* by George M. Johnson
- *Felix Ever After* by Kacen Callender
- *The Stars and the Blackness Between Them* by Junauda Petrus
- *You Should See Me in a Crown* by Leah Johnson

Healing for

BLACK CHILDREN & ADOLESCENTS

Virtual Resources:

- [National Child Traumatic Stress Network](#)
- [Wendt Center for Healing and Loss](#)
- [Therapy for Black Kids](#)
- [Black Joy Foundation](#)

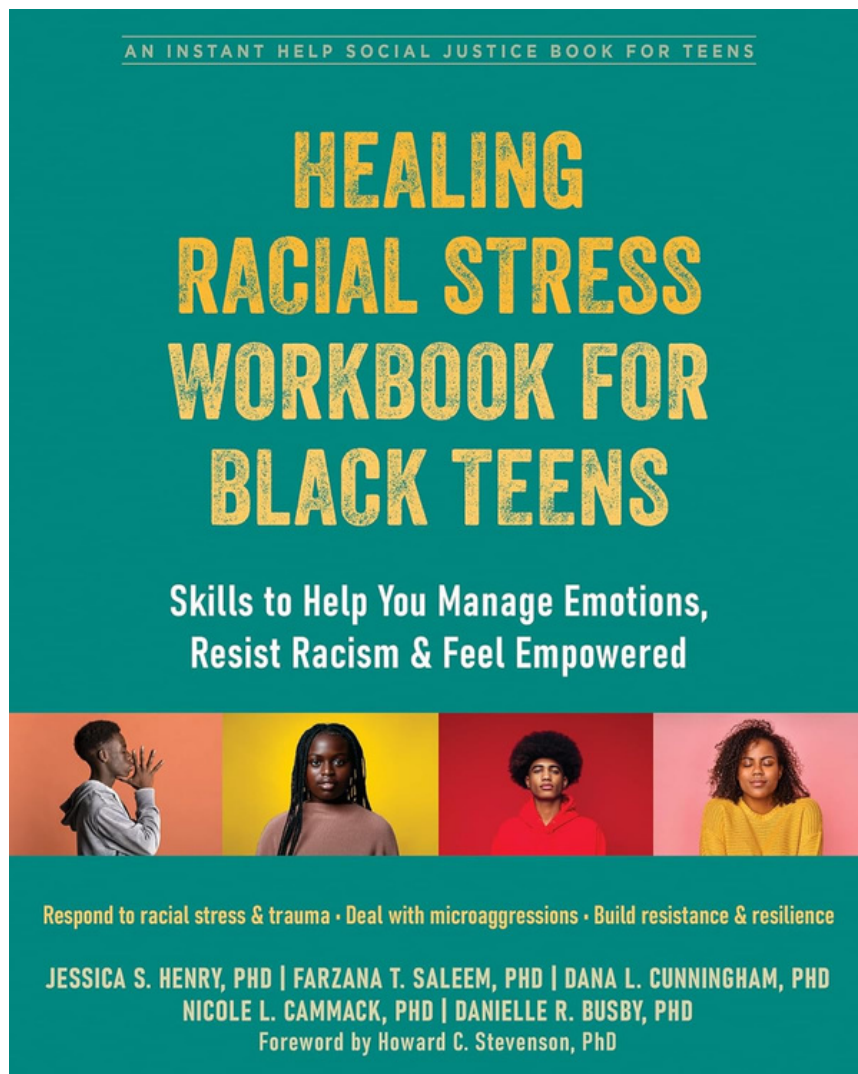
By Black Voices:

- *All Because You Matter* by Tami Charles
- *The Skin I'm In (20th Anniversary Edition)* by Sharon G. Flake
- *We Deserve Monuments* by Jas Hammonds
- *When Things Aren't Going Right, Go Left* by Marc Colagiovanni

Social Justice for

TEENS

co-authored by the founders of Black Mental Wellness



[Healing Racial Stress Workbook for Black
Teens: Skills to Help You Manage Emotions,
Resist Racism, and Feel Empowered](#)

2023

BEST BOOKS

according to the Oprah Daily and Barnes & Noble

By Black Voices

- *All About Love: New Visions* by bell hooks
- *Black AF History: The Un-Whitewashed Story of America* by Michael Harriott
- *Big* by Vashti Harrison
- *Good Women* by Halle Hill
- *Leslie F*cking Jones* by Leslie Jones
- *Something, Someday* by Amanda Gorman
- *The Heaven & Earth Grocery Store* by James McBride (B&N 2023 Book of the Year)
- *You Come from Greatness: A Celebration of Black History: A Picture Book* by Sara Chinakwe

BINGO-STYLE

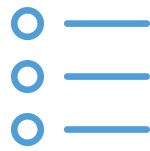
self-care gems to complete with your reset routine

RUN

Exercise



Silence



Organize



Celebrate



Nourish



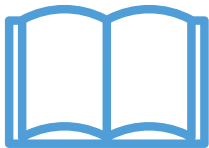
Journal



Rest



Budget



Read



Nature



Clean



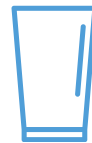
Laugh



Affirm



Gratitude



Hydrate



Reflect

Connect with

BLACK MENTAL WELLNESS

Thank you for reading!

Share your feedback and suggestions for
future updates of
Healing and Wellness Toolkit

We'd love to hear from you!



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