

# Mental Health Resources

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The Mecca of Black Wellness



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](mailto: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/>

### **Communicating Race Fully with Grace**

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

### **Equity in Mental Health**

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

### **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://nned.net/>

### **No More Martyrs**

<https://www.nomoremartys.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](http://www.BlackMentalWellness.com)



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Wellness

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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.

### **Support. Education. Advocacy**

The Support Education & Advocacy (SEA) Center is a peer-run operation dedicated to providing support, education and advocacy through opportunities and resources for individuals to help them find their own path to mental health recovery.

Call (713) 970-4483 WARM LINE

Online Request for Assistance: <https://namigreaterhouston.org/s-e-a/#sea-center-intake-form>

### **Psychology Today**

[www.PsychologyToday.com](http://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](http://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](http://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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