

**BLACK MENTAL WELLNESS
PRESENTS**

**2026 Healing
and Wellness
Toolkit**



**Black Mental
Wellness**

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WELCOME TO THE HEALING AND WELLNESS TOOLKIT

A Resource for Black Mental Wellness



A Note of Gratitude:

Thank you for exploring this Healing & Wellness Toolkit, thoughtfully curated by Black Mental Wellness. We are committed to supporting your journey toward mental, emotional, and behavioral well-being.

Our Mission

At Black Mental Wellness, we strive to:

- Empower the community with access to reliable, evidence-based mental health resources—from a Black perspective.
- Amplify the voices and visibility of diverse Black mental health professionals.
- Break the stigma surrounding mental health in Black communities.

How to Use This Toolkit:

- Resources are grouped by category for easy navigation.
- Books are listed alphabetically by title.
- Click on underlined links to explore further.

This toolkit was compiled with care by Black Mental Wellness. We hope it serves as a valuable guide on your wellness journey.

Let's begin!



Black Mental
Wellness

SELF-REFLECTION: YOUR PERSONAL HEALING JOURNEY

Healing is a deeply personal experience—there's no single path, no fixed timeline, and no set definition of success. Your journey is yours alone, shaped by your experiences, growth, and resilience.

Take a moment to reflect on your story with these guiding questions:

- What experiences led you to begin your healing journey?
- What aspects of your life will you work on during your healing journey?
- What self-care practices will you consistently incorporate into your healing journey?
- What emotions or challenges have surfaced along the way?
- How do you define healing for yourself?
- What practices, people, or resources have been most supportive?
- What changes —big or small— have you noticed in yourself?
- What intentions or affirmations will guide your next steps?
- Take your time. Write, think, or meditate on your responses. Your healing is valid, your growth is meaningful, and your journey is uniquely yours.
- You are healing. You are growing. You are enough.

BLACK WOMEN'S WELLNESS RESOURCES

Websites

[Black Girl Doctor](#)

[Black Girls Smile](#)

[Center for Black Women's Wellness](#)

[Loveland Therapy Fund for Black Women and Girls](#)

[NAMI Sharing Hope: Mental Wellness in the Black Community](#)

[Our Bodies Ourselves](#)

[Sista Afya: A community-based mental wellness organization for Black women](#)

Books

Coco Butter & Hair Grease: A Self Love Journey Through Hair & Skin

by Dr. Donna Oriowot

How We Heal: Uncover Your Power and Set Yourself Free

by Alexandra Elle

Sisterhood Heals: The Transformative Power of Healing in Community

by Dr. Joy Harford Bradford



**Black Mental
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BLACK WOMEN'S WELLNESS RESOURCES

Home Body

by Rupi Kaur

Matters of the Heart. Healing Your Relationship with Yourself and Those You Love

by Dr Thema Bryant

Set Boundaries, Find Peace: A Guide to Reclaiming Yourself

by Nedra Glover Tawwab

The Body Is Not An Apology: The Power of Radical Self-Love

by Sonya Renee Taylor

The Sugar Jar: Create Boundaries, Embrace Self-Healing, and Enjoy the Sweet Things in Life

by Yasmine Cheyenne

This Will Be My Undoing: Living at the Intersection of Black, Female, and Feminist in (White) America

by Morgan Jerkins

BLACK MEN'S WELLNESS RESOURCES

Websites

[Black Men Heal](#)

[Black Men Smile](#)

[Brother to Brother](#)

[Brother, You're on My Mind](#)

[The MENTalMix](#)

IG: [thementalmix](#)

Youtube: [TheMENTalMix](#)

[Therapy for Black Men.org](#)

Books

Go Tell It On The Mountain

by James Baldwin

Man Heal Thyself

by Queen Afua

Message To The Blackman in America

by Elijah Muhammad



Black Mental
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WELLNESS TOOLS FOR YOUTH

Websites

[Black Boys OM](#)

[Therapy for Black Kids](#)

Books

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

by Jessica S. Henry Ph.D., Farzana T. Saleem Ph.D.,
Dana L. Cunningham Ph.D., Nicole, L. Cammack Ph.D., &
Danielle R. Busby Ph.D.

I am Every Good Thing

by Derrick Barnes

Little Troublemaker Makes A Mess

by Luvvie A Jones

Raising Resilient Black Kids: A Parent's Guide to Helping Children Cope with Racial Stress, Manage Emotions, and Thrive

by Erlanger A. Turner PhD (Author), Jeffrey Gardere PhD ABPP
(Afterword), Thema Bryant PhD (Foreword)

Self-Regulation & Mindfulness: Over 82 Exercises & Worksheets for Sensory Processing Disorder, ADHD, & Autism Spectrum Disorder

by Varleisha D. Gibbs, Ph.D., OTD, OTR/L

What About Worry: Skills for Calming Anxious Thoughts and Feelings

by Dr. Melissa Boyd



WELLNESS TOOLS FOR YOUTH

Ages 3-11

Websites

[Little Otter Health](#)

[Therapy for Black Kids](#)

Books

“Tony and the Scary Thing” - Stress and Trauma

by Trayonna D. Barnes, MSW, LSW

“Juju and the Worry Flu” - Anxiety

by Trayonna D. Barnes, MSW, LSW

“What Are We Going To Do With You?” -ADHD

by Kristy High

“Feelings are OK”

by Kristy High



TRAUMA-INFORMED RESOURCES

Books

Break the Cycle

by Dr. Mariel Buque'

My Grandmother's Hands: Racialized Trauma and the Pathways to Mending Our Hearts and Bodies

by RESMAA MENAKEM

Post Traumatic Slave Syndrome

by Dr. Joy DeGruy

The Pain We Carry: Healing from Complex PTSD for People of Color

by Natalie Y. Gutierrez

Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others

by Laura van Dernoot Lipsky & Connie Burk

LGBTQIA2S+ WELLNESS TOOLS

BlackLine

Call or text 1-800-604-5841 or download the BlackLine App

Desi LGBTQ+ Helpline

908-367-3374

(8PM-10PM EST Thursdays and Sundays ONLY)

[Inclusive Therapists.com](http://InclusiveTherapists.com)

[It Gets Better](#)

[The Okra Project](#)

[The Trevor Project](#)

TransLifeline

877-565-8860

[National Queer & Trans Therapists of Color Network](#)

BLACK WELLNESS GOOD READS

Non Fiction/Self Help

A Good Cry by Nikki Giovanni

All About Love by bell hooks

Drink Water and Mind Your Business: A Black Woman's Guide to Unlearning the BS and Healing Your Self Esteem by Dr Donna Oriowo

Homecoming: Overcome fear and Trauma to Reclaim Your Whole, Authentic Self by Thema Bryant, Ph.D.

I Own My Magic: Self Talk for Black Women by G. Michelle Goodloe

Matters of the Heart: Healing Your Relationship with Yourself and Those You Love by Thema Bryant, Ph.D.

Rest is Resistance: A Manifesto by Tricia Hersey

Self Love Workbook for Black Women: Empowering Exercises to Build Self Compassion by Rachel Johnson LMSW

Fiction

Harlem Rhapsody by Victoria Christopher Murray

Transcendent Kingdom by Yaa Gyasi

PODCASTS, MEDITATIONS, & HOLISTIC HEALING TOOLS

BlackFULLness App

The BlackFULLness App offers culturally rooted practices that restore peace, reduce stress, and reconnect us to joy.

- [iPhone Download](#)
- [Android Download](#)

Black Boys Om

Elevate your professional journey with a 200-Hour Yoga Teacher Training (YTT). Rooted in healing justice, this accredited, self-paced online program integrates trauma-informed techniques, mindfulness practices, and cultural competence to empower you to create meaningful change.

All Black Men Need Therapy Podcast

Exhale App

The Nap Ministry's Rest Deck: 50 Practices to Resist Grind Culture
by Tricia Hersey

Therapy for Black Girls Podcast



Black Mental
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THERAPY DIRECTORIES

Black Emotional and Mental Health Collective

Black Female Therapists

Black Men Heal

Black Mental Health Alliance

Boris Lawrence Henson Foundation

Clinicians of Color

Melanin & Mental Health

Therapy for Black Girls

Therapy Fund-the Loveland Foundation



Black Mental
Wellness

AFFIRMATIONS FOR THE BLACK CULTURE

I am allowed to be myself and show people who I am.

I am loving, loved, and lovable.

I am filled with confidence and positive energy.

I am enough.

I deserve kindness, compassion, and understanding.

I am beautiful and perfect in my own way.

I see your strength, your resilience, and your heart.

The battles I fight alone don't define me—they refine you.

I am admired, respected, and deeply valued.

I recognize my good qualities.





BLACK MENTAL WELLNESS
PRESENTS

BLACK MENTAL WELLNESS DAY

VIRTUAL EXPERIENCE

SATURDAY FEBRUARY 28TH
12PM EST - 3PM EST

**THIS DAY HAS BEEN CURATED AS A DAY
FILLED WITH ENGAGING WORKSHOPS
AND EDUCATIONAL SESSIONS**

SESSION TOPICS INCLUDE:

EMOTIONAL
EXPRESSION
IN BLACK MEN

HEALING
CHILDHOOD
TRAUMA

THE MENTAL LOAD
OF ALWAYS BEING
THE STRONG ONE

DISMANTLING
THE
SUPERWOMAN
SYNDROME

**CONTINUING
EDUCATION
IS AVAILABLE**

BLACK MENTAL WELLNESS IS APPROVED BY THE AMERICAN PSYCHOLOGICAL
ASSOCIATION TO SPONSOR CONTINUING EDUCATION FOR PSYCHOLOGISTS.

**REGISTER
TODAY**

**[HTTPS://BIT.LY/
BMWELLNESSDAY2026](https://bit.ly/BMWELLNESSDAY2026)**

2026 BLACK MENTAL WELLNESS DAY SESSIONS

BLACK MENTAL WELLNESS PRESENTS

Join the virtual discussion on *Emotional Expression in Black Men*, hosted by Black Mental Wellness.

Samori Pennant
LCSW

Dr. Alduan Tartt

Jamarr Wilson

Nigel Bucknor
BA, MA, CCS

Kirk James
LPC II, PFA, MHFA

Topic
Emotional Expression in Black Men

FEBRUARY 28TH
12PM EST - 3PM EST

REGISTER TODAY
[HTTPS://BIT.LY/BMWELLNESSDAY2026](https://bit.ly/bmwwellnessday2026)

Black Mental Wellness Day

BLACK MENTAL WELLNESS PRESENTS

PRESENTER
Shawnti Refuge
MS, MCC, CMHC

Topic
The Mental Load of Always Being the Strong One

FEBRUARY 28TH
12PM EST - 3PM EST

REGISTER TODAY
[HTTPS://BIT.LY/BMWELLNESSDAY2026](https://bit.ly/bmwwellnessday2026)

Black Mental Wellness Day

BLACK MENTAL WELLNESS PRESENTS

PRESENTER
Dajonaire Washington,
NCSP, Ed.S

Topic
Healing Childhood Trauma

FEBRUARY 28TH
12PM EST - 3PM EST

REGISTER TODAY
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BLACK MENTAL WELLNESS PRESENTS

PRESENTERS
Rev. Sonia & King David

Topic
Opening & Closing Meditations

FEBRUARY 28TH
12PM EST - 3PM EST

REGISTER TODAY
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BLACK MENTAL WELLNESS PRESENTS

Join the virtual discussion on *Dismantling the Superwoman Syndrome*, hosted by Black Mental Wellness.

Taneshia Johnson
MSW

Alana Russaw
PsyD

Osumtemi Wambi Njeri

Michelle Kitt
MSW

Shani Shania

Topic
Dismantling the Superwoman Syndrome

FEBRUARY 28TH
12PM EST - 3PM EST

REGISTER TODAY
[HTTPS://BIT.LY/BMWELLNESSDAY2026](https://bit.ly/bmwwellnessday2026)

Black Mental Wellness Day



2026 BLACK MENTAL WELLNESS DAY SPONSORS

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Black Mental
Wellness

BLACK MENTAL WELLNESS



JESSICA S. HENRY PH.D. NICOLE L. CAMMACK PH.D. DANA L. CUNNINGHAM PH.D. DANIELLE R. BUSBY PH.D.

A JOURNAL FOR HEALING



WRITE FREELY.
REFLECT HONESTLY.
BECOME
AUTHENTICALLY YOU.

AVAILABLE NOW ON
amazon

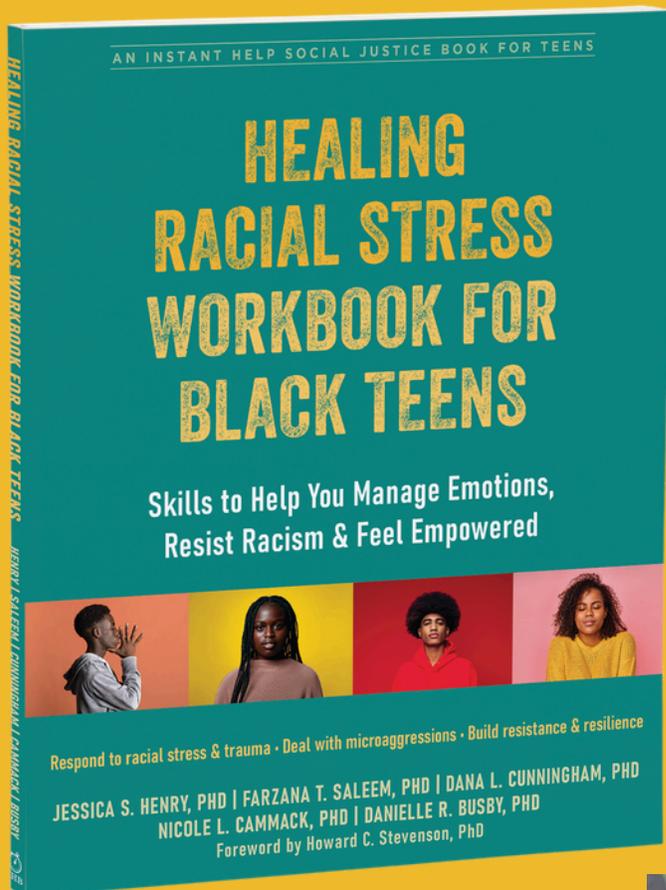
 WWW.BIT.LY/AUTHENTICALLYMEJOURNAL

The Authentically Me Journal is separated into four sections including:

- Pain. Passion. Purpose.
- Get over it. Deal with it.
- Resilient.
- My Peace is More Important.

Each section of this journal is designed to guide you through journal prompts, reflections, and quotes. You will also find affirmations throughout each section to keep you inspired. You will have an opportunity to reflect on your personal experiences, identify goals, and work toward your path of overall wellness.

BLACK MENTAL WELLNESS



The Healing Racial Stress Workbook is co-authored by clinical psychologists. Purchase your copy today to help the youth in your life resist racism and thrive!

Celebrate Black Joy! Instantly feel a sense of joy as you light our signature candle.



STAY CONNECTED WITH BLACK MENTAL WELLNESS

Thank you for exploring the Healing & Wellness Toolkit! We hope it supports and empowers you on your journey.

We'd love to hear from you! Your feedback and suggestions help us continue to grow and improve this resource. Let us know what resonated with you and what you'd like to see in future updates.

Email us: info@BlackMentalWellness.com

Follow & connect:

- Instagram: [@blackmentalwellness](https://www.instagram.com/blackmentalwellness)
- Facebook: [@BlackMentalWellness](https://www.facebook.com/BlackMentalWellness)

Tag us & share your reflections using #HealingWithBMW

Your healing matters. Your voice matters.
Let's continue this journey together!