

Black Mental Health Resources
Traditional and non-Traditional

Black Emotional and Mental Health Collective

Our Vision: BEAM envisions a world where there are no barriers to Black Healing.

Our Mission: BEAM's mission is to remove the barriers that Black people experience getting access to or staying connected with emotional health care and healing. We do this through healing justice-based organizing, education, training, grantmaking and advocacy.

Black Mental Health Alliance

The Mission: To develop, promote and sponsor trusted culturally-relevant educational forums, trainings and referral services that support the health and well-being of Black people and vulnerable communities.

The Vision: The creation of an equitable, respectful and compassionate society. The development of Black communities in which optimal mental health enables children, youth, adults, and families to strive for and embrace their best life.

<https://blackmentalhealth.com/>

Harriet's Apothecary

[Harriet's Apothecary](#) is a collective of Black womxn healers, health professionals, magicians, artists, activists, and ancestors from various generations who are creating accessible, affordable, inclusive, and loving community spaces for Black and other people of color to heal. The organization offers online and in-person events about [spiritual strategies](#), healing, and holistic health as well as services like art therapy, essential oil therapy, thai yoga massage, spiritual divinations, and peer counseling sessions among many other offering.

The Okra Project

[The Okra Project](#)'s primary focus is preventing food insecurity for Black trans and gender nonconforming people by providing free meals. However, the collective has launched [two new mental health funds](#) to offer free mental health services to Black trans people in the wake of the recent murders of Tony McDade and Nina Pop, a Black trans woman who was murdered in Missouri. The Nina Pop Health Recovery Fund will raise money for Black trans women and the Tony McDade Mental Health recovery fund is for Black trans men. The Okra Project has donated \$15K to each fund and are asking donors to match their donations.

National Queer and Trans Therapists of Color Network

The [National Queer and Trans Therapists of America](#) strives to provide quality mental health care to queer and trans people of color. The network offers a directory of mental health resources and the [Mental Health Fund](#), which provides financial help to those who need it.

Nile's Edge

<https://www.nilesedge.com/meet-the-team>

Nile's Edge is a healing arts center focused on de-colonizing health and education so that under-served communities can holistically flourish.

The center serves as an incubator to support African-centered practitioners who use creative, preventative, and sustainable methods to heal their community.

Melanin & Mental Health

[Melanin & Mental Health](#) is a mental health resource hub with a listing of Black therapy professionals for Black and Latinx communities. The collective provides free resources and events to connect those in need with the right person in their location. Supporters can listen to the collective's [Between Sessions Podcast](#) or purchase items from its [online store](#).

[Black Men Heal](#)'s mission is to offer free therapy and counseling resources to Black men and remove the stigmas around mental health. The nonprofit works with counselors who are willing to donate their time towards helping men in need. Black Men Heal accepts [donations](#) via Cash App and Paypal.

<https://blackmenheal.org/>

Black Women's Health Imperative

The [Black Women's Health Imperative](#) is dedicated to improving the overall health and wellness of Black women and girls. Initiatives include fighting for affordable health care rates, mental health awareness, pre-diabetes education, advocacy and leadership programs for current HBCU women attendees, HIV prevention and treatment, and ending period shame.

Black Emotional and Mental Health Collective

[Black Emotional and Mental Health Collective](#) is a group of therapists, lawyers, religious leaders, teachers, psychologists, advocates, and activists working together for mental/emotional health and healing in the Black community. The collective provides a [Black Virtual Therapist Directory](#) for mental health services – a valuable resource for those who are in areas without support or who cannot see

Black Emotional and Mental Health Collective also provides [professional development and training](#) for activists, grassroots movements, and others on topics including mental health issues, emotional intelligence in leadership, unconscious bias, toxic elements of Black masculinity, mental health literacy, wellness for Black trans and GNC people, and healing and restorative justice.

[Ethel's Club](#)

This online community offers Black and other people of color, regardless of gender expression and identity, a private membership club to have conversations about wellness and creativity. Club individuals are offered a space to celebrate, heal, and encourage each other to create. The organization also brings in mediation, yoga, and mental health professionals for special sessions.

[Boris L Henson Foundation](#)

Founded by actress Taraji P. Henson in honor of her father, [The Boris L. Henson Foundation](#)'s goal is to change the way mental health is perceived in the Black community. The organization seeks to encourage mental health support in urban schools, increase Black therapists, and reduce the number of people who return to prison after release by offering mental health support to formerly incarcerated people. Current programs include [COVID-19 free virtual therapy support](#) as well as their ongoing rounds of [free online therapy](#).

[Loveland Therapy Fund](#)

The [Loveland Therapy Fund](#) provides national assistance to Black women and girls seeking therapy services. The organization has partnered with National Queer & Trans Therapist of Color, Talkspace, Open Path Collective, and Therapy for Black Girls to provide a list of mental health professionals. Loveland Therapy Fund is apart of The Loveland Foundation, which offers fellowships, residency programs, and more to Black women and girls. Supporter can [donate](#), start a giving circle with friends, or advocate for company on social media.

[Generative Somantics](#)

[Generative Somantics](#) supports social, accessibility, and climate justice movements by encouraging movement leaders, organizations, and alliances to engage the body to align actions with values and vision as well as healing the impact of trauma and oppression. The movement believes in following a transformative path with self-help and self-care to achieve goals. Generative Somantics lists several [strategic priorities](#) including freedom from political repression and state violence and building leadership among poor and working class communities of color.

[Black Mental Health Fund](#)

<http://www.radicalhealing.us/support.html>

an intentional, radically inclusive, LGBTQ+ and Black, Indigenous, People of Color centered, multicultural and multiracial campus for healing and wellness.

we are a diverse collective of queer, trans, cis, anti-racist healers, makers, bodyworkers, change makers, counselors, artists, social workers, physicians, musicians, energy workers, clinical and counseling psychologists, activists, caregivers, justice seekers, peacemakers, movement guides,

yogis, workers, dream weavers, trouble makers and scholars.

we believe in the inherent worth and dignity of each person and offer sliding scale services based on an economic justice model of financial privilege. to that end, we challenge white supremacy, capitalism, ableism and all systems of oppression to make our programs and services more affordable and accessible to poor and working class people and people of color.

we affirm that all individuals are the experts of their own experiences and choices and are committed to providing trans-informed care and support trans folx in their gender self determination using an informed consent model of care.

we believe that individual wellness contributes to social justice and social justice contributes to individual wellness and that radical inclusion must involve radical transformation.

we understand that through the pursuit of justice, equity, healing and reconciliation we may cultivate healthier societies and foster relationships with self and community liberated from violence and oppression.

in our efforts to ensure ongoing, successful collaboration with the LGBTQ+er+, People of Color and people of all identities, we commit to regular, ongoing trainings, consultation and are active agents of change and advocacy in our communities.

ARTICLES

Alternative Mental Health Services: The Role of the Black Church in the South

[Michael B. Blank](#), PhD, [Marcus Mahmood](#), PhD, [Jeanne C. Fox](#), PhD, RN, and [Thomas Guterbock](#), PhD

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1447305/>

Sage Neuroscience Center - Mental Health in the Black Community

<https://sageclinic.org/blog/mental-health-in-the-black-community/>

NPR - Neuroscience Has A Whiteness Problem. This Research Project Aims To Fix It

<https://www.npr.org/sections/health-shots/2020/09/24/915783973/a-neuroscience-project-pushes-to-include-more-african-americans-in-brain-research>

The News & Observer - Black in Neuro Week puts spotlight on Black scientists studying the brain

<https://www.newsobserver.com/news/local/article244798327.html>

ADDITIONAL RESOURCES

Resources for Black Healing

https://uncw.edu/counseling/documents/resources-for-black-healing_updated_6_1_2020.pdf

Online Support Groups

- **[Therapy for Black Girls](#)**: Online space founded by Dr. Joy Bradford dedicated to encouraging the mental wellness of Black women and girls, including a free [podcast](#) aimed at making mental health topics accessible
- **[Talkspace Support Group](#)**: Free therapist-led support group for coping with racial trauma
- **[Sister Afya Online Sister Support Group](#)**: Support group for learning from other women and learning life skills to improve mental well-being (\$10/session fee but can contact booking@sistaafya.com if fee is prohibitive)
- **[Ethel's Club](#)**: Paid membership-based virtual community with classes, live events and wellness resources for promoting wellbeing in people of color

Self-Guided Virtual Resources - Apps and Materials

- **[The Safe Place](#)**: Free smartphone app focused on psychoeducation and self-care for minority mental health, geared towards the Black community
- **[Liberate](#)**: Free meditation app designed specifically for the BIPOC community and led by BIPOC teachers
- **[Racial Trauma Guide](#)**: Virtual guide on [coping with racial stressors](#) and [being an ally](#), developed by the EMPOWER (Engaging Minorities in Prevention Outreach Wellness Education & Research) Lab
- **[Black Emotional and Mental Health \(BEAM\) Toolkit & Resources](#)**