Black Mental Health Resources

(Most of the resources on this list come from: National Alliance on Mental Illness https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Black-African-American)

There are a variety of mental health resources available for people of color, but we have provided a few examples below.

Please note: The resources included here are not endorsed by NAMI, and NAMI is not responsible for the content of or service provided by any of these resources.

Ayana Therapy
Online mental therapy for marginalized and intersectional communities

Black Emotional and Mental Health Collective (BEAM)
Group aimed at removing the barriers that Black people experience getting access to or staying connected with emotional health care and healing. They do this through education, training, advocacy and the creative arts.

Black Girl in Om
Promotes holistic wellness and inner beauty for women of color.

Black Men Heal
Limited and selective free mental health service opportunities for Black men.

Black Mental Health Alliance - (410) 338-2642
Provides information and resources and a "Find a Therapist" locator to connect with a culturally competent mental health professional.

Black Mental Wellness
Provides access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective, as well as training opportunities for students and professionals.

Black Women's Health Imperative
Organization advancing health equity and social justice for Black women through policy, advocacy, education, research and leadership development.

Boris Lawrence Henson Foundation
BLHF has launched the COVID-19 Free Virtual Therapy Support Campaign to raise money for mental health services provided by licensed clinicians in our network. Individuals with life-changing stressors and anxiety related to the coronavirus will have the cost for up to five (5) individual sessions defrayed on a first come, first serve basis until all funds are committed or exhausted.

Brother You're on My Mind
An initiative launched by Omega Psi Phi Fraternity, Inc. and NIMHD to raise awareness of the mental health challenges associated with depression and stress that affect Black men and families. Website offers an online toolkit that provides Omega Psi Phi Fraternity chapters with the materials needed to educate fellow fraternity brothers and community members on depression and stress in Black men.

Ebony's Mental Health Resources by State
List of Black-owned and focused mental health resources by state as compiled by Ebony magazine.

Henry Health
Provides culturally sensitive self-care support and teletherapy for Black men and their families. Currently in pilot program available only to residents of MD, VA and DC. Residents of other states can join their waiting list and will be notified when Henry Health is available in their state.

Men to Heal
The Men to Heal initiative encourages men to pay more attention to their overall wellness, mental and physical health, to communicate effectively and increase their knowledge of self.

Melanin and Mental Health
Connects individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities. Promotes the growth and healing of diverse communities through its website, online directory and events.

Ourselves Black
Provides information on promoting mental health and developing positive coping mechanisms through a podcast, online magazine and online discussion groups.

POC Online Classroom
Contains readings on the importance of self care, mental health care, and healing for people of color and within activist movements.

Sista Afya
Organization that provides mental wellness education, resource connection and community support for Black women.

Therapy for Black Girls
Online space dedicated to encouraging the mental wellness of Black women and girls. Offers listing of mental health professionals across the country who provide high quality, culturally competent services to Black women and girls, an informational podcast and an online support community.

The SIWE Project
Non-profit dedicated to promoting mental health awareness throughout the global Black community.

The Steve Fund
Organization focused on supporting the mental health and emotional well-being of young people of color.

Unapologetically Us
Online community for Black women to seek support.

Self-Care For People Of Color
We recognize that many mental health conditions are being triggered as a result of the coronavirus, the economic crisis and repeated racist incidents and death.

Learn more about mental health conditions including anxiety disorders, depression and posttraumatic stress disorder.

- Article on coping with anticipatory grief
- Article on coping with traumatic stress
- Article on Racial Battle Fatigue

Treatment Directories

- Inclusive Therapists
- Association of Black Psychologists
- Innopsych
- LGBTQ Psychotherapists of Color Directory
- National Queer and Trans Therapists of Color Network
- Psychology Today Directory of African American Therapists
- Therapy for Black Men
- Therapy for Black Girls
- Therapy for Queer People of Color
- Black Female Therapists
- Black Emotional and Mental Health Collective
- Melanin and Mental Health

Social Media

Black Female Therapists
Promoting Black Therapists. Breaking the stigma of mental health + wellness. Providing safe spaces and resources

Balanced Black Girl
Highlighting Black joy, health, and well-being

Black Mental Wellness
The Mecca of Black Wellness

Brown Girl Self Care
Unapologetic rest, ❤ + care for Black women

Heal Haus
A Wellness Concept & Café
Daily Yoga + Meditation Classes.
Workshops + Private Sessions
Corporate Wellness

Inclusive Therapists
THERAPY THAT CELEBRATES YOU ✨
Directory for all: identities, abilities & bodies
Reduced-fee teletherapy
Therapists for justice: join community

The Loveland Foundation (Instagram)
https://thelovelandfoundation.org/
Loveland Foundation is committed to showing up for communities of color in unique and powerful ways, with a particular focus on Black women and girls. Our resources and initiatives are collaborative and they prioritize opportunity, access, validation and healing.