

BLACK MENTAL HEALTH RESOURCES

Black Lives Matter. Black Mental Health Matters.

We stand in solidarity with the Black community. We are committed to working towards a world that enables equitable access to vital resources and support for all communities.

See below for specific mental health support & resources for the Black community.

For immediate text support, reach out to **The Crisis Text Line** by texting COALITION to 741741 to connect with a Crisis Counselor for free 24/7. You can also call **National Suicide Prevention Lifeline** at 1-800-273-8255. It's free and highly confidential, unless it's essential to contact emergency services to help you or your friend stay safe. Nacional de Prevención del Suicidio 1-888-628-9454

AAKOMA Project

The AAKOMA Project is helping diverse teenagers and their families achieve optimal mental health through dialogue, learning, and the understanding that everyone deserves care and support.

[Click here](#) to learn more.

Black Emotional and Mental Health Collective (BEAM)

BEAM's mission is to remove the barriers that Black people experience getting access to or staying connected with emotional health care and healing.

[Click here](#) for more information on finding black virtual therapists.

Black Girls Smile

Black Girls Smile's mission is to empower young American women to take ownership of their mental health and stability.

[Click here](#) for more information and resources.

Black Mental Health Alliance

Black Mental Health Alliance's mission is 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 other vulnerable communities.

[Click here](#) for more information and resources.

Black Mental Wellness

Black Mental Wellness provides access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective, to highlight and increase the diversity of mental health professionals, and to decrease the mental health stigma in the Black community.

[Click here](#) to learn more.

The Boris Lawrence Henson Foundation (BLHF)

BLHF's vision is to eradicate the stigma around mental health issues in the African-American community.

[Click here](#) to learn more.

Couched in Color

Couched in Color is a weekly podcast hosted by Dr. Alfiee M. Breland-Noble, designed to enlighten and encourage dialogue on the mental health needs of youth, young adults, families and communities of color.

[Click here](#) to learn more.

Eustress

Eustress raises awareness on the importance of mental health in underserved communities, allowing individuals to identify and overcome challenges to achieve a healthier and productive lifestyle.

[Click here](#) to learn more.

Inclusive Therapists

A therapy directory celebrating all identities, abilities & bodies. Find a therapist that celebrates your identity.

[Click here](#) to learn more.

Love Land Foundation

Love Land Foundation is committed to showing up for communities of color in unique and powerful ways, with a particular focus on Black women and girls.

[Click here](#) to learn more.

Mental Health America

MHA is dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health of all. MHA's mental health hub has info and culturally appropriate resources for BIPOC individuals.

[Click here](#) to learn more.

National Alliance on Mental Illness (NAMI)

NAMI's mission is to help families and individuals affected by mental illness build better lives through education, support and advocacy.

[Click here](#) to learn more.

National Organization for People of Color Against Suicide (NOPCAS)

NOPCAS was founded by suicide loss survivor, Dr. Donna Barnes, working to reduce the stigma of suicide prevention among communities of color through training and advocacy.

[Click here](#) to learn more.

National Queer and Trans Therapists of Color Network (NQTTCN)

NQTTCN is a healing justice org committed to transforming mental health for queer & trans people of color.

[Click here](#) to learn more.

Pretty Brown Girls

Pretty Brown Girls is dedicated to educating and empowering girls of color by encouraging self-acceptance while cultivating social, emotional & intellectual well-being.

[Click here](#) to learn more.

Silence the Shame

Silence the Shame focuses on education and awareness around mental health, aiming to normalize the conversation, peel back the layers of shame, eliminate stigma, and provide support for mental wellbeing.

[Click here](#) to learn more.

The Steve Fund

The Steve Fund's mission is to promote the mental health and emotional well-being of young people of color.

[Click here](#) to learn more.

[Click here](#) to access 7 Cups, an innovative online emotional support service focused on students of color.

The Trevor Project

The Trevor Project is the world's largest suicide prevention and crisis intervention organization for LGBTQ young people.

[Click here](#) for more information on how to support black LGBTQ youth.

Therapy for Black Girls

Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls.

[Click here](#) to learn more.



www.thementalhealthcoalition.org