



All Healers Mental Health Alliance (AHMHA)

### Black Mental Health Resources List

#### **African American Behavioral Health Center of Excellence at Morehouse School of Medicine**

<https://africanamericanbehavioralhealth.org/resources/index.aspx>

The African American Behavioral Health Center of Excellence Resource Library is a curated collection of articles, manuals, and web-based resources.

#### **The Association of Black Psychologists**

<https://abpsi.org/>

This organization strives to positively impact the mental health of Black communities through programs, services, and more. Their [find-a-therapist tool](#) will connect you with a psychologist in your area.

#### **Ayana Therapy**

<https://www.ayanatherapy.com>

Mental Healthcare for marginalized and intersectional communities.

#### **BIPOC Parent Voice/BIPOC PEEEEEEK**

<http://bipocparentvoice.org/>

BIPOC PEEEEEEK is Parents & Caregivers Elevating their voice to Educate and Empower Each other to Eliminate disparities and inequities in services related to the Emotional Health of our Kids.

#### **Black/African American, SAMHSA**

<https://www.samhsa.gov/tribal-affairs>

Information page on behavioral health issues that impact Black and African American individuals. They also provide information on resources and initiatives.

#### **Black Emotional And Mental Health (BEAM)**

<https://beam.community/>

This organization provides information on mental health training and toolkits. They also have a [directory of Black therapists](#) who provide online services.

#### **Black Female Therapists**

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

This platform offers courses, podcasts, and so much more to empower women to discuss their mental health and wellness in a safe space. A [therapist directory](#) can help you connect with a therapist near you.



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#### **Black Girls Breathing**

<https://blackgirlsbreathing.com/>

A community for Black women to manage stress through a combination of breathwork techniques.

#### **Black Girls Smile, Inc.**

[www.blackgirlssmile.org](http://www.blackgirlssmile.org)

Black Girls Smile provides gender-responsive and culturally-affirming mental wellness education, resources, and support geared toward Black women and girls.

#### **Black Men Heal**

<https://blackmenheal.org/>

A great tool for finding free mental health services for Black men.

#### **Black Mental Health Alliance**

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

An organization that connects individuals with nearby and culturally aligned therapists. They also provide culturally relevant educational forums and training surrounding Black mental health.

#### **Black Mental Wellness**

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

Dedicated to providing various services related to mental health and wellness, this organization provides training and workshops, curriculum development, and consultation services.

#### **Black Psychiatrists of America**

<https://blackpsychiatrydirectory.com/>

The navigation tools help adults living with serious mental illness navigate the mental healthcare system locally, knowing when to seek care, where to go, and what providers to connect to.

#### **Black Therapists Rock**

<https://blacktherapistsrock.com/>

Seeking to reverse racial trauma through collective healing, this group of therapists works to break down stigma and other barriers to mental health and wellness for African Americans and Black people. They also offer a therapist directory through [Tru Circle](#).



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### **Black Women's Health Imperative**

<https://bwhi.org/>

An organization dedicated to advancing health equity and social justice for Black women through education, research, and more.

### **Boris Lawrence Henson Foundation**

<https://resourceguide.borislhensonfoundation.org/>

A directory of mental health professionals for the African American community. This non-profit organization was created by award-winning actress, Taraji P. Henson, in honor of her father.

### **Community Healing Network**

<https://communityhealingnet.org/>

CHN is the only organization focused exclusively on building the global grassroots movement to mobilize Black people to free ourselves from the root cause of nearly all the challenges we face: the lie that whiteness is superior and blackness is inferior.

### **Dear Black Women Project**

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

This nonprofit organization is dedicated to promoting the health of Black women. It offers resources connecting women to therapists and crisis hotlines. There are also mental health readings and podcasts with positive affirmation to inspire and improve your well-being.

### **DRK Beauty**

<https://thisisdrkbeauty.com/>

This digital community – specifically for women of color – provides free therapy services to women of color. You can access their [directory](#) to find available therapists near you.

### **Hurdle**

<https://www.hurdle.health/>

Hurdle is the leading culturally intentional mental healthcare provider. With cultural humility, we create a safe space where all people can show up as they are and feel understood. Our therapists are trained to provide culturally responsive evidence-based care to individuals, couples and families of all backgrounds, with a specific focus on people of color.



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#### **Inclusive Therapists**

[inclusivetherapists.com](https://inclusivetherapists.com)

Inclusive Therapists offers a safer, simpler way to find a social justice-oriented counselor, therapist or coach. We center the needs of Black, Indigenous, and People of Color (BIPOC) and 2SLGBTQIA+ intersections (QTBIPOC). We amplify the voices and expressions of Neurodivergent and Disabled Communities of Color. We are a mental health liberation movement creating change through decolonial education, collective care, and activism.

#### **Lifting As We Climb Consulting**

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

Lifting As We Climb Consulting provides trainings and consultations focused on supporting emotional wellness. Trainings and consultations are strengths-based, culturally grounded, and trauma-informed. Special resources include panels on mental health and Black women in toxic jobs.

#### **Loveland Corporation Therapy Fund** for mental health of Black women and girls

<https://thelovelandfoundation.org/therapy-fund/>

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. We are becoming the ones we've been waiting for.

#### **Megan Thee Stallion's Mental Health Resources Hub**

<https://badbitcheshavebaddaystoo.com>

Mental health platforms and resources.

#### **National Queer and Trans Therapists of Color Network Community Resources**

<https://nqttn.com/en/community-resources/>

National Queer and Trans Therapists of Color Network (NQTTCN) is a healing justice organization committed to transforming mental health for queer and trans people of color (QTPoC).

#### **One Mind**

<https://onemindpsyberguide.org/resources/managing-mental-health/black-mental-health-matters-a-resource-guide/>

Mental Health Apps created by and for Black People



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#### **Open Path Psychotherapy Collective**

<https://openpathcollective.org/>

Our nonprofit serves clients who lack health insurance or whose health insurance doesn't provide adequate mental health benefits. These clients also cannot afford current market rates for therapy (between \$80-200 a session). We help our members access their choice of affordable in-person or online care from a vetted mental health professional.

#### **Ourselves Black**

<https://Ourselvesblack.com>

A biannual, mental health resources magazine for the Black Community designed to focus on our exploration of our mental selves.

#### **Pain Unwasted**

<https://www.painunwasted.org/>

We empower and equip individuals & families battling with trauma and mental health challenges towards recovery. We train everyday people to recognize and respond to individuals experiencing mental health complications.

#### **Psychology today African American therapists**

<https://www.psychologytoday.com/us/therapists/african-american>

A directory for Black and African American mental health professionals.

#### **Rooted in Transitions**

<https://www.youtube.com/@rootedintransitions>

Mental Health doctors who help Caribbean immigrants understand mental health and the issues that arise with transitioning to a new culture.

#### **Silence the Shame**

<https://silencetheshame.com/>

We are committed to sustaining global programs to promote mental well-being using lived experiences, education, and strategic professional partnerships. In addition, we promote mental health and recovery awareness and education to increase access to behavioral health services and support for the vulnerable populations.



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#### **Sista Afya Community Mental Wellness**

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

An organization that provides mental wellness workshops, group therapy, support groups, and more.

#### **The AAKOMA Project**

<https://aakomaproject.org/>

Build the consciousness of Youth of Color and their caregivers on the recognition and importance of mental health, empowering youth and their families to seek help and manage mental health and influence systems and services to receive and address the needs of Youth of Color and their families.

#### **The Steve Fund**

<https://stevefund.org>

Steve Fund Crisis Textline: TEXT STEVE to 741741 for a culturally trained counselor 24-7-365  
Black-led mental health organization promoting the mental health and wellbeing of young people from Black and other historically marginalized communities.

#### **Therapy for Black Girls**

[therapyforblackgirls.com](http://therapyforblackgirls.com)

This space is dedicated to encouraging the mental health and wellness of Black women and girls. They also have a [directory](#) to find a therapist near you.

#### **Therapy for Black Men**

<https://therapyforblackmen.org>

Provides a virtual directory connecting Black men with therapists specializing in a wide range of therapies and specialties.

#### **Trevor Project: Approaching Intersectional Conversations**

<https://www.thetrevorproject.org/resources/guide/black-lgbtq-approaching-intersectional-conversations/>

The Trevor Project's mission is to end suicide among LGBTQ young people. We provide information & support to LGBTQ young people 24/7, all year round.

#### **Unapologetically Black Unicorns**

<https://podcasts.apple.com/us/podcast/unapologetically-black-unicorns/id1568804071>

Podcast featuring national mental health advocate, Keris Jan Myrick, and guests weighing in on different aspects of mental health, Black and other communities of color.