



Mental Health Resources for Black Americans

Mental Health Resources for Black Americans: Education and Support

At this pivotal moment in our nation's history, pleas for social change echo worldwide. Many people, particularly people of color, are facing elevated levels of stress and anxiety. Many are searching for educational support resources to help them navigate this unprecedented time. The following list from the National Alliance on Mental Illness (NAMI) offers mental health support resources for African-Americans, as well as educational resources for understanding racism and racial justice.

NAMI's Sharing Hope Program

[Sharing Hope](#) is an hour-long program to increase mental health awareness in African-American communities by sharing the presenters' journeys to recovery and exploring signs and symptoms of mental health conditions. The program also highlights how and where to find help.

"Sharing Hope: An African American Guide to Mental Health" provides mental health information in a sensitive manner through personal stories. Recovery is possible, and this booklet tells you where to find more information, seek help and be supportive. You can buy hard copies through the [NAMI Bookstore](#).

Black Mental Health Resources

- [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 Men Heal](#) - Limited and selective free mental health service opportunities for Black men.
- [Black Mental Health Alliance](#) - 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.
- [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.
- [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.
- [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.

Mental Health Support for People of Color

Many mental health conditions are being triggered as a result of the coronavirus, the economic crisis and repeated racial incidents and deaths.

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 responding to microaggressions
- [Article](#) on shutting down microaggressions at work

Mental Health Education Resources

- [APA Best Practices](#) on working with Black patients
- [APA Stress & Trauma Toolkit](#) for treating Black Americans in a changing political and social environment
- [The Robert Wood Johnson Foundation Page on Achieving Health Equity](#) – Information about why health equity matters and what you can do to help give everyone a fair shot at being as healthy as they can be.
- **Addressing Law Enforcement Violence as a Public Health Issue** | American Association of Public Health
- **Adverse Community Experiences and Resilience: A Framework for Addressing and Preventing Community Trauma** | Prevention Institute
- **Behavioral Health Equity for Black/African American People: Data, Reports, and Issue Briefs** | SAMHSA
- **Black & African American Communities and Mental Health** | Mental Health America
- **Double Jeopardy: COVID-19 and Behavioral Health Disparities for Black and Latino Communities in the U.S.** | SAMHSA
- **Free Racialized Trauma Course** | Cultural Somatics Institute
- **Healing the Hidden Wounds of Racial Trauma** | Kenneth V. Hardy
- **Improving Cultural Competency for Behavioral Health Professionals (Free Online Training)** | HHS
- **Racial Trauma is Real: The Impact of Police Shootings on African-Americans** | Dr. Erlanger A. Turner & Jasmine Richardson
- **Ring the Alarm: The Crisis of Black Youth Suicide in America** | The Congressional Black Caucus Emergency Task Force on Black Youth Suicide
- **The Link Between Racism and PTSD** | Dr. Monnica T. Williams, Psychology Today
- **The Trauma of Racism** | New York University Silver School of Social Work
- **Uncovering the Trauma of Racism: New Tools for Clinicians** | Dr. Monnica T. Williams, Psychology Today
- **Understanding Racial Trauma-Informed Interventions** | Alexandra Pajak, LCSW, Social Work Today
- **Why Are All the Black Kids Sitting Together In the Cafeteria? And other Conversations about Race** | Beverly Daniel Tatum, PhD

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