

Black Mental Health Resources

These resources address the long-overlooked mental health needs in Black communities, supporting access to care and community well-being.

988 Lifeline

<https://988lifeline.org/help-yourself/black-mental-health/>

Black wellness calls for approaches that honor unique needs. Find tips and resources here to support yourself, loved ones, and your community. Call, text, or chat 988 for 24/7 care.

Therapy for Black Girls

<https://therapyforblackgirls.com>

An online hub promoting the mental wellness of Black women and girls, offering a national directory of culturally competent providers, an informational podcast, and a supportive online community.

Brother You're on My Mind

<https://oppf.org/byomm/>

This joint initiative of Omega Psi Phi Fraternity, Inc. and NIMHD raises awareness about depression and stress affecting Black men and their families and offers an online toolkit to empower communities.

Black Men Heal

<https://blackmenheal.org>

This initiative reduces barriers to care and expands access to culturally responsive mental health treatment, psychoeducation, and community resources for Black men and BIPOC communities.

Loveland Therapy Fund

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

Recognizing barriers to care, the Loveland Therapy Fund helps Black women and girls access therapy by providing financial support nationwide.

Mental Health Programs Serving Black New Yorkers

Hope Center Harlem

228C W 116th St., NY, NY 10026
<https://hopecenterharlem.org>

Love & Kindness Wellness Services

108 Kenilworth Pl., Brooklyn, NY 11210

NAMI NYC Black Minds Matter (virtual support group)

<https://naminycmetro.org/programs/black-minds-matter/>

Wellcome Care

29-15 Far Rockaway Blvd.
Far Rockaway, NY 11691

Provider Searches

If you're looking for assistance finding culturally competent mental health providers, the following pages may help:

Psychology Today

<https://www.psychologytoday.com/us/therapists/new-york?category=african-american>

Black Emotional and Mental Collective

<https://wellness.beam.community/>

The Association of Black Psychiatrists

<https://abpsi.site-ym.com/search/custom.asp?id=5934>

Additional Reading

Resources include books by Black authors, articles on mental health, insights on stress and trauma in changing social and political contexts, and more.

Black Mental Health Alliance | 12 Books on Behavioral Health Written by Black People

<https://blackmentalhealth.com/12-books-on-behavioral-health-written-by-black-people/>

Melanin & Mental Health 2021 Resource List

<https://www.melaninandmentalhealth.com/wp-content/uploads/2021/02/MMH-Resource-List-2021.pdf>

American Psychiatric Association | Stress & Trauma Toolkit for Treating African Americans in a Changing Political and Social Environment

<https://www.psychiatry.org/psychiatrists/diversity/education/stress-and-trauma/african-americans>

The Steve Fund | Knowledge Center

<https://stevelfund.org/resources/knowledge-center/>



More Resources



Rev. Feb 2026

<https://nyc.gov/mentalhealth>