

Black Mental Health Resources

Recognizing that mental health needs in Black communities have historically been overlooked and underserved, the following resources may offer a helpful starting point to help you and address your communities' mental healthcare needs.

988 Lifeline

Your mental health is a priority. Wellness in Black communities is not a one-size-fits-all approach. The following page contains tips and resources to support yourself, a loved one, and other members of the Black community. If you are in need of support, you can call, text, or chat with the 988 Lifeline. Support is available 24/7. The 988 Lifeline works to give all people access to support that reflects their needs.

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

Black Men Heal

Provides access to mental health treatment, psycho-education, and community resources to men of color.

- <https://blackmenheal.org/>

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.

- <https://therapyforblackgirls.com/>

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. The website offers an [online toolkit](#) with the materials to educate black men and community members on depression and stress in Black men.

- <https://www.nimhd.nih.gov/programs/edu-training/byomm/>

Loveland Therapy Fund

With the barriers affecting access to treatment by members of diverse ethnic and racial groups, the Loveland Therapy Fund provides financial assistance to Black women and girls seeking therapy nationally.

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

Provider searches

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

- **Therapy for Black Men**
 - <https://therapyforblackmen.org/>
- **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

Recommendations on books by black authors, articles about navigating mental health conditions, insights on stress and trauma in changing political and social environments, and other helpful resources:

- **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/>
- **The Steve Fund** | Knowledge Center
 - <https://stevefund.org/resources/knowledge-center/>
- **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>

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guides for mental health support and services in NYC**



NYC Mayor's Office of Community Mental Health
<https://nyc.gov/mentalhealth>