



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. For 24/7 help, call, text, or chat 988 for care that reflects your needs.

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.

Black Men Heal

<https://blackmenheal.org>

This initiative works to eliminate barriers that fuel health disparities for BIPOC communities and to increase the likelihood that Black men will seek care by providing access to mental health treatment, psychoeducation, and community resources.

Brother You're on My Mind

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

A joint initiative of Omega Psi Phi Fraternity, Inc. and NIMHD, this effort raises awareness about depression and stress affecting Black men and their families, offering an online toolkit to educate and empower 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.



Scan this QR code to download guides for mental health support and services in NYC

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://stevefund.org/resources/knowledge-center/>