

# Mental Health Resources for Black Students\*

## [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](#) - (410) 338-2642

*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.*

## [Boris Lawrence Henson Foundation](#)

*BLHF has launched the COVID-19 Free Virtual Therapy Support Campaign to raise money for mental health services provided by licensed clinicians in our network. Individuals with life-changing stressors and anxiety related to the coronavirus will have the cost for up to five (5) individual sessions defrayed on a first come, first serve basis until all funds are committed or exhausted.*

## [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 African American 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 African American men.*

## [Ebony's Mental Health Resources by State](#)

*List of Black-owned and focused mental health resources by state as compiled by Ebony magazine.*

## [Henry Health](#)

*Provides culturally sensitive self-care support and teletherapy for African American men and their families. Currently in pilot program available only to residents of MD, VA and DC. Residents of other states can join their waiting list and will be notified when Henry Health is available in their state.*

## [Liberate Meditation](#)

*Listen to dozens of guided meditations to ease anxiety, find gratitude, heal internalized racism and micro-aggressions and celebrate Blackness.*

## [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.*

## [NAMI: African American Mental Health](#)

*Offers perspective on the unique challenges and concerns experienced by African American in the realm of mental health.*

## [Ourselves Black](#)

*Provides information on promoting mental health and developing positive coping mechanisms through a podcast, online magazine and online discussion groups.*

## [POC Online Classroom](#)

*Contains readings on the importance of self care, mental health care, and healing for people of color and within activist movements.*

### [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.*

### [Unapologetically Us](#)

*Online community for African American women to seek support.*

## Treatment Directories

- [Association of Black Psychologists Directory](#)
- [Inclusive Therapists](#)
- [LGBTQ Psychotherapists of Color Directory](#)
- [National Queer and Trans Therapists of Color Network](#)
- [Psychology Today Directory of African American Therapists](#)
- [Therapy for Black Men](#)

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