

Running list of mental health and wellness resources for BIPOC, mostly black communities.

- Community resource [guide](#)
- Facebook groups:
 - Fireweed collective- online peer support offering mental health education and support
 - People's Movement Centre: stewardship in South Mpls, led by healing justice practitioners and allies, we will improve the efficacy of our social justice movement.
 - The yarn mission- using knitting to participate in the black liberation movement
- A [directory](#) on national known warmlines
- Hotlines/helplines
 - Text "STEVE" to 741-741- *Specifically for young people of colour*
 - [The Aurora Center](#) at the University of Minnesota: 612-626-9111
 - [The Trevor Project](#): 1-866-488-7386 (for LGBT+ youth ages 13-25)
 - [National Suicide Prevention Lifeline](#): 1-800-273-8255, [Lifeline Crisis Chat](#) (text based) (both are general audience)
 - [Trans Lifeline](#): 1-877-565-8860 (by and for trans people)
 - [NAMI](#)'s Crisis Text Line: text NAMI to 741-741 (general audience)
 - [ImAlive Instant Messaging](#) (general audience)
 - National Sexual Assault Hotline: 1-800-656-HOPE
 - National Suicide Prevention Lifeline : 1-800-273-TALK (8255)
 - National Youth Crisis Hotline : 1-800-448-4663
 - Teen Lifeline: 1-800-248-TEEN
 - MN Black Community Covid-19 Hotline: 612-254-1145
 - Text NOSTIGMA to 707070
 - Text "START" to 741-741
- African American Focus Organizations
 - [Minnesota Healing Justice Network](#)
 - [National Medical Association](#)
 - [Black Emotional and Mental Health Collective](#)
 - [Black Mental Health Alliance](#): develops, promotes, and sponsors trusted, culturally-relevant educational forums, trainings, and referral services
 - [Black Mental Wellness](#): raises awareness on the importance of mental health in underserved communities,
 - [Eustress](#): raises awareness on the importance of mental health in underserved communities,
 - [National Organization for People of Colour Against Suicide](#): works to reduce the stigma of suicide prevention among communities of color through training and advocacy
 - [Sista Afya](#): sustains the mental wellness of Black women through building community, sharing information, and connecting Black women to quality mental wellness services.
 - [The Loveland](#): provides financial support for therapy for black girls and women

- [The AAKOMA Project](#): helps diverse teenagers and their families achieve optimal mental health
- [The National Queer & Trans Therapists of Colour Network](#): Healing justice organization
- [Therapy for Black Girls](#): platform to support black women navigate mental wellness
- [Black Girl Smile](#)
- [Black Men Heal](#)
- [Depressed while Black](#): online community for black mental health
- [Boris Henson Foundation](#)
- [Minnesota Care Partner](#)
- [JED Foundation](#)

- Directories for mental health service providers Websites
 - [Therapy for Black Men](#): help men of colour find a therapist
 - [Melanin and Mental Health](#): connects individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities
 - [Black Mental Health Resources](#) including providers, consultants, therapists
 - [Cultural Wellness Directory](#)- resources for increasing access to trauma informed wellness services
 - Minnesota IBPOC health and wellness [providers](#) ***extensive list, routinely updated including: bodyworkers, therapists, meditation and yoga instructors.
 - [The Association of Black Psychologists](#)
 -

- Finding a Therapist
 - [Black Virtual Therapist Network](#)
 - [Ayana Therapy](#)
 - [My Tru Circle](#)
 - [Therapy for Queer People of Colour](#)
 - [Psychology Today](#)

- Social media, instagram
 - Melanted in Social Work
 - [Balanced Black Girl Podcast](#)
 - [Black Mental Wellness](#)
 - [ethel's club](#)
 - [Inclusive Therapists](#)
 - [The Nap Ministry](#)
 - [Saddie Baddies](#)

- Toolkits
 - [Healing in Action](#): guide on preparing for action, self-care during an action, and restoration and resilience after an action.

- [Black girls Breathing](#)
- Free apps on a smartphone:
 - [Calm](#) - breathing/meditation
 - [Pacifica](#) - daily tools for managing stress and anxiety based on Cognitive Behavioral Therapy and mindfulness.
 - Breathing in sync with this [gif](#), [countdown technique](#) that might help with grounding and mindfulness.
 - [Liberate](#) meditations for and by BIPOC individuals.
 - [The Safe Place](#): bring more awareness, education, and hope to minority mental health
 - [Insight Timer](#)

Sources:

[44 Mental Health Resources for Black People Trying to Survive in This Country](#)

[NAMI Resources- African Americans](#)

[Community Healing Guide](#)