



At Samaritans, we recognize our responsibility to amplify Black voices. While we aim to be an organization that anyone can come to for support, we realize we might not always be who the Black community wants to turn to, as we are an organization with a largely white staff and board. For that reason, we have compiled a list of mental health resources created by and for the Black community below. We must actively and continuously dismantle our system that creates a society where rates of mental health problems are increasing for all of our communities of color. We are learning, listening, and striving for a world where everyone acknowledges that Black Lives Matter. For any questions, concerns, or additions related to this list please contact [kmanders@samaritanshope.org](mailto:kmanders@samaritanshope.org).

#### **Organizations for Supporting Black Mental Health**

- [BEAM](#), an organization committed to the mental health and healing of the Black community. Their various programs include a Black virtual therapist network, a Southern healing fund, and much more.
- [Black Men Speak](#), hosts a speaker bureau to educate the public about mental health issues concerning the Black male community.
- [Black Mental Wellness, Corp.](#), works to present evidence-based research on mental health from the Black perspective and decrease the stigma surrounding mental health in the Black community.
- [The Black Women's Health Imperative](#), a non-profit created by Black women to support the health and wellness of Black women.
- [Ethel's Club](#), an online membership community for People of Color to heal and thrive with resources to livestream classes, chat with members, attend wellness workshops, and much more.
- [Sista Afya](#), supports and sustains the mental health of Black women through building community, sharing information, and connecting Black women to quality mental health services.
- [The Siwe Project](#), works globally to promote mental health awareness in the Black community.

#### **Therapist Directories & Funding for the Black Community**

- [Innopsych](#), directory of therapists of color for people of color.
- [The Loveland Fund](#), fundraises to create a fund for Black women and girls to access therapy.
- [Therapy for Black Girls](#), an online space to promote mental wellness for Black women and girls including a directory to find a therapist.

## **Resources for the LGBTQ+ Black Community**

- [Blavity](#), a social media and news site designed by Black LGBTQ+ millennials for Black LGBTQ+ millennials.
- [Fenway Health](#), an LGBTQ+ centered system in Boston dedicated to multiple facets of wellness including physical and mental health, housing, employment support, etc.
- [LGBTQ+ Psychotherapists of Color](#), a directory of psychotherapists who identify as LGBTQ+ people of color.
- [National Queer and Trans Therapists of Color Network](#), a directory of mental health practitioners who identify as Queer and Trans people of color.
- [Them.](#), an LGBTQ+ online publication that focuses largely on the Black community as well as other communities of color.
- [Trans Women of Color Collective](#), offers access to multiple funds including a wellness fund for trans women of color to support leadership retreats, community events, dinners and gatherings.
- [The Trevor Project](#), an LGBTQ+ helpline that is currently aiming to focus a division of their work toward the Black LGBTQ+ community.

## **Apps**

- [Liberate Meditation](#), a meditation app for the Black, Indigenous and People of Color communities.
- [The Safe Place](#), a mental health app directed toward the Black community including resources on statistics, self care, and self assessment.
- [Shine, Inc.](#), Women of Color-owned app to support stress and anxiety.

## **Educators & Therapists to Follow on Instagram**

- @thesisters\_couch
- @thestevefund
- @dr.candicenicole
- @forthecoloredgirls
- @sooverttherainbow
- @ayana\_therapy
- @dralfiee
- @melanatedsocialwork@dr.daryljohnson