

Baruch College Counseling Center

Mental Health Resources for June 16th 2020

“I Can’t Breathe: A Conversation on Race, Police Brutality, and Systemic Racism in America”

Baruch College Counseling Center offers free individual Counseling for registered Baruch Students <https://studentaffairs.baruch.cuny.edu/counseling/>

The Baruch Counseling Center is also offering free Support Sessions for students: <https://studentaffairs.baruch.cuny.edu/counseling/support/>

NYC WELL Free and confidential 24/7/365 hotline for mental health and substance use concerns, able to assist in over 200 languages. Call 1-888-692-9355, or text WELL to 65173 or chat from their website

<https://nycwell.cityofnewyork.us/en/get-help-now/>

1)<https://henry-health.com/>

(Self-care support and culturally sensitive teletherapy to BIPOC)

2)<https://therapyforblackmen.org/>

(Destigmatizing support to help Black men to find mental health services)

3)<https://therapyforblackgirls.com/>

(Support for mental wellness of Black women and girls)

4)www.mindingmyblackbusiness.com

(Mental health of Black entrepreneurs)

5)<https://latinxtherapy.com/>

(Bilingual podcast and directory about mental health issues in the Latinx community)

*This list is not exhaustive, please reach out to the Counseling Center for other resources

