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# DARKNESS RISING

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A Mental Health Awareness Project

MENTAL HEALTH RESOURCES

[www.darknessrisingproject.org](http://www.darknessrisingproject.org)

# TABLE OF CONTENTS

3

INTRODUCTION

5

START HERE

6

RESOURCES FOR THE BLACK COMMUNITY

Organizations 6-7

Advocates 8

Providers 9

Apps 9

Podcast 10

Blogs 11

LGBTQIA 11

General 12

Veterans 12



## WE BELIEVE THAT MUSIC HEALS

Darkness RISING is a nonprofit dedicated to bringing mental health awareness to the Black community through song and dance. We are a collective of actors, dancers, and singers from Black Broadway and the theater community, creating inspirational free mental health workshops, cover albums, visual albums, and live concerts. This mental health awareness project aims to:

- ♥ Improve the health and wellness of the Black community
- ✨ Raise awareness about mental health in our community
- 💪 Empower and engage our community via resources, events and services
- 🧑🏾 Erase the negative stigma of mental illnesses.

3

@darknessrisingproject  
#IAmDarknessRISING



## START HERE:

SEARCH ONLINE DIRECTORIES FOR STATE SPECIFIC RESOURCES

You can search for Black therapists and therapists who have a Black client-focus on: [Psychology Today](#)

DON'T HAVE INSURANCE?

Community Health Centers have sliding fee scales for low income and uninsured patients to receive reduced priced behavioral health services

See if you're eligible for Medicaid (state-based health insurance)

CURRENTLY ATTENDING COLLEGE OR GRAD SCHOOL?

Most colleges and universities have on-campus student mental health services and many offer these services for free, be sure to check them out.



Sometimes the healing is

INCREMENTAL

not

IMMEDIATE

~Lucre

# BLACK COMMUNITY

## ORGANIZATIONS

### **Darkness RISING Project**

[darknessrisingproject.org](http://darknessrisingproject.org)

Twitter: [@DarkRiseProject](https://twitter.com/DarkRiseProject)

IG: [@DarknessRISINGProject](https://www.instagram.com/DarknessRISINGProject)

### **Black Mental Wellness**

<https://www.blackmentalwellness.com>

Twitter: [@wellnessblack](https://twitter.com/wellnessblack)

IG: [@blackmentalwellness](https://www.instagram.com/blackmentalwellness)

### **Black Zen**

<https://www.blackzen.co>

Twitter: [@StaceyBZen](https://twitter.com/StaceyBZen)

IG: [@blackzen.co](https://www.instagram.com/blackzen.co)

### **Eustress Inc**

[Eustressinc.org](http://Eustressinc.org)

Twitter: [@Eustressinc](https://twitter.com/Eustressinc)

### **Mental Wellness Collective**

[mentalwellnesscollective.com](http://mentalwellnesscollective.com)

IG: [@thementalwellnesscollective](https://www.instagram.com/thementalwellnesscollective)

### **BEAM**

<https://www.beam.community>

Twitter: [@\\_beamorg](https://twitter.com/_beamorg)

IG: [@\\_beamorg](https://www.instagram.com/_beamorg)

### **AfriRealm**

Twitter: [@afrirealm](https://twitter.com/afrirealm)

**Black, Disabled and Proud**

<https://www.blackdisabledandproud.org>

**Go Get Some Joy**

<https://selfcarecheckin.com>

Twitter: [@gogetsomejoy](#)

**AAKOMA Project**

[Aakomaproject.org](http://Aakomaproject.org)

Twitter: [@AAKOMAProject](#)

**No More Martyrs**

[nomoremartyrs.org](http://nomoremartyrs.org)

IG: [no\\_more\\_martyrs](#)

Twitter: [@no\\_more\\_martyrs](#)

# ADVOCATES

## **Kenidra4Humanity**

Twitter: [@KenidraRWoods](https://twitter.com/KenidraRWoods)

## **Crissles Couch**

Twitter: [@Crissles](https://twitter.com/Crissles)

## **Tracy Clayton**

Twitter: [@brokeymcpoverty](https://twitter.com/brokeymcpoverty)

IG: [@brokeymcpoverty](https://www.instagram.com/brokeymcpoverty)

## **Protest Therapist**

[ArayaBaker.com](http://ArayaBaker.com)

IG: [@ihategender](https://www.instagram.com/ihategender)

## **Rwenshaun**

[Rwenshaun.com](http://Rwenshaun.com)

Twitter: [@Rwenshaun](https://twitter.com/Rwenshaun)

## **Depressed While Black**

[depressedwhileblack.com](http://depressedwhileblack.com)

IG [@DepressedWhileBlack](https://www.instagram.com/DepressedWhileBlack)

Twitter: [@DepressedWhileBlack](https://twitter.com/DepressedWhileBlack)

## **Sakinah**

[Themuslimhippie.wordpress.com](http://Themuslimhippie.wordpress.com)

Twitter: [@TheMuslimHippie](https://twitter.com/TheMuslimHippie)

## **Just Davia**

[Justdavia.com](http://Justdavia.com)

Twitter: [@Justdavia](https://twitter.com/Justdavia)

## **Alexander Hardy**

Twitter: [@chrisalexander](https://twitter.com/chrisalexander)



# PROVIDERS

## **Black Female Therapists**

Twitter: [@bftherapists](https://twitter.com/bftherapists)

IG: [@blackfemaletherapists](https://www.instagram.com/blackfemaletherapists)

## **African American Therapists**

<https://africanamericantherapists.com>

## **African American Mental Health Providers**

<http://aamhp.com>

## **Therapy for Black Girls**

[Therapyforblackgirls.com](http://Therapyforblackgirls.com)

## **Unearth and Bloom**

IG: [@UnearthandBloom](https://www.instagram.com/UnearthandBloom)

## **Affordable Therapy Spreadsheet**

[https://docs.google.com/spreadsheets/d/1T4sGRq4T1BvUOcBHil0IkV5Y07N1zShbUFRBfAv\\_Kno/edit#gid=915425781](https://docs.google.com/spreadsheets/d/1T4sGRq4T1BvUOcBHil0IkV5Y07N1zShbUFRBfAv_Kno/edit#gid=915425781)

## **Association of Black Psychologists**

<http://www.abpsi.org>

# APPS

## **Ayana Therapy**

[ayanatherapy.com](http://ayanatherapy.com)

Twitter: [@AyanaTherapy](https://twitter.com/AyanaTherapy)

## **The Safe Place**

Twitter: [@itsthesafeplace](https://twitter.com/itsthesafeplace)

IG: [@itsthesafeplace](https://www.instagram.com/itsthesafeplace)

# PODCASTS

## **Black Girl Healing Project**

[https://toppodcast.com/podcast\\_feeds/the-black-girl-healing-project-podcast/](https://toppodcast.com/podcast_feeds/the-black-girl-healing-project-podcast/)

## **The Read**

<http://thisistheread.com>

Twitter: [@ThisistheRead](#)

## **Black Therapist Podcast**

[blacktherapistpodcast.com](http://blacktherapistpodcast.com)

IG: [@blacktherapistpodcast](#)

## **The You Effect**

[Theyoueffect.live](http://Theyoueffect.live)

IG: [@drkelseileann](#)

Twitter: [@drkelsileann](#)

## **The Extraordinary Negroes**

<http://www.theextraordinarynegroes.com/theblog/extraordinary-wellness-resources>

## **You Good Podcast**

[yomikebrown.com/podcast](http://yomikebrown.com/podcast)

IG: [@YouGoodPod](#)

## **Cope for the Culture**

[healthypleasuresinc.org](http://healthypleasuresinc.org)

IG: [@healthypleasuresinc](#)



It is being honest about my pain  
that makes me

**INVINCIBLE**

~Nayyirah Waheed

## BLOGS

### **Hearts Mended**

IG: [@heartsmended](#)

### **Black Girl in OM**

[blackgirlinom.com](http://blackgirlinom.com)

### **Beyond the Happy**

[Beyondthehappy.com/blog](http://Beyondthehappy.com/blog)

IG: [@beyondthehappy](#)

### **Sister Circle 204**

IG: [@Sistercircle204](#)

## LGBTQIA

### **National Queer and Trans Therapists of Color Network**

<https://www.nqttcn.com/>

### **The Trevor Project**

[thetrevorproject.org](http://thetrevorproject.org)

### **Association of Gay & Lesbian Psychiatrists**

<https://www.aglp.org>

## GENERAL

### **International Bipolar Foundation**

[ibpf.org](http://ibpf.org)

Twitter: [@IntlBipolar](https://twitter.com/IntlBipolar)

### **Depressed Cake Shop**

Twitter: [@depressedcakeshop](https://twitter.com/depressedcakeshop)

### **Psychology Today**

[psychologytoday.com/us](http://psychologytoday.com/us)

### **NAMI**

[nami.org](http://nami.org)

Twitter: [@NAMICommunicate](https://twitter.com/NAMICommunicate)

### **RAINN- Rape, Abuse, and Incest National Network**

[rainn.org](http://rainn.org)

### **La Luz App**

[www.laluzmeditations.com](http://www.laluzmeditations.com)

IG: [@laluzapp](https://www.instagram.com/laluzapp)

## VETERANS

### **Give an Hour**

<https://giveanhour.org/>

Twitter: @giveanhour

IG: @giveanhour



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### CONNECT:



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[@darkRISEProject](#)



[youtube](#)



[info@darkneSSriSingproject.org](mailto:info@darkneSSriSingproject.org)