

Grief Bridge Online Resource Guide

Mental Health Counseling

- NAMI – Find Support: <https://www.nami.org/Support-Education/NAMI-HelpLine>
- Mental Health America: <https://mhanational.org/>
- Open Path Collective: <https://www.openpathcollective.org/>
- Psychology Today – Mental Health Therapists: <https://www.psychologytoday.com/us/therapists>
- Therapy for Black Girls – Mental Wellness: <https://therapyforblackgirls.com/>
- Inclusive Therapists – Mental Health Support: <https://www.inclusivetherapists.com/>