

A black and white close-up portrait of a woman with her eyes closed, resting her head on her hand. The image is centered and occupies most of the frame. The text 'Mental Health BREATH' is overlaid in white, bold, sans-serif font at the bottom center. The background is a plain, light color.

Mental Health  
**BREATH**

# Mental Wellness

<https://www.youtube.com/watch?v=oHYpxsIMxu8>

## AGENDA

- ❖ INTRODUCTION: Ardena Bartlett, MPA Founder, Director & Member of Parenting Black Children helping Black/African American Families gain access to regional center services.
- ❖ **SPEAKER - SPEAKER: SGPRC MENTAL HEALTH DEPARTMENT, Jacqueline A Niedzwiecki, M.S. LMFT** Mental Health Specialist at SGPRC
- ❖ SPEAKER - Nakeya Fields LCSW, Chair, Black Mental Health Task Force & Founder Therapeutic Play Foundation
- ❖ RESOURCE REVIEW
- ❖ OPEN FORUM QUESTIONS





# Mental Health Resources

## Parenting Black Children

DDS Service Access & Equity Grant Recipient



San Gabriel / Pomona  
Regional Center



## **California Black Women's Project - Inglewood**

**A variety of circumstances put Black folks at high risk for mental and emotional stress - economic insecurity, responsibilities of care-giving, violence against the culture, lack of social support and physical illness or disability.**

**As a result, many of us are plagued by tension, anxiety, worry and fear. Because of the powerful and complex links between the mind, emotions and body, chronic states of stress and anxiety can have dangerous and sometimes fatal, health consequences. In addition, the daily struggles of coping with racism and sexism further exacerbate mental and emotional stress.**

## **STRESS**

The burden of stress is great for parents of those with special needs. A recent study found that mothers of adolescents and adults with autism had levels of stress hormones comparable to soldiers in combat.

Finances are often a source of stress. Frequently one parent sacrifices their career to attend to the child's needs with a resulting loss of income for the family.

Parents of children with special needs are often exhausted and frequently become depressed. Their reserves of time and resources for self-care are even more depleted than those of parents of typical children. Yet their need for refueling is also greater. To be sustained through the marathon of caring for a child with special needs, it is essential that parents attend to their own needs. There is useful information throughout this website on caring for one's health and wellbeing.

Often the most beneficial support and information parents receive comes from other parents of children with special needs.



#### MISSION STATEMENT

To enhance the quality of life for individuals and families of Black and African Heritage through positive social change for people experiencing mental health difficulties. We seek to define and highlight the differing identities we bring with us that can contribute to the disparity that we encounter.



THE THERAPY *for*  
BLACK GIRLS

THE PODCAST

# Black Mental Health Organization to Know About

## **Therapy for Black Girls**

An online space dedicated to providing access to Black women and girls struggling with mental health with therapeutic support absent of stigma or shame. Along with therapy sessions, this organization provides resources such as blog pieces, podcast episodes, and yoga practices to promote self-care and community conversation.

## **The Steve Fund**

An organization supporting the mental and emotional health of young people of color. Through dialogue, education programs, mental health services, and workshops, The Steve Fund promotes awareness and understanding. Their annual conference series, Young, Gifted, & @Risk offers resources and information for campuses to better the mental health of students of color.

## **The Loveland Foundation**

Founded in 2018, this organization's goal is to provide Black women and girls with access to therapy. The Founder and President, Rachel Cargle, is a modern-day activist whose work has been featured in numerous publications and lectures taught at campuses around the country.

## **Black Girls Breathing**

Founded by Jasmine Marie, breathwork practitioner, and speaker, Black Girls Breathing is a safe space for Black womxn to actively manage their mental health through breathwork and community. Their work has impacted thousands of Black women across the globe and is innovating the wellness industry by providing free and accessible mental health care to an overlooked and underserved population.

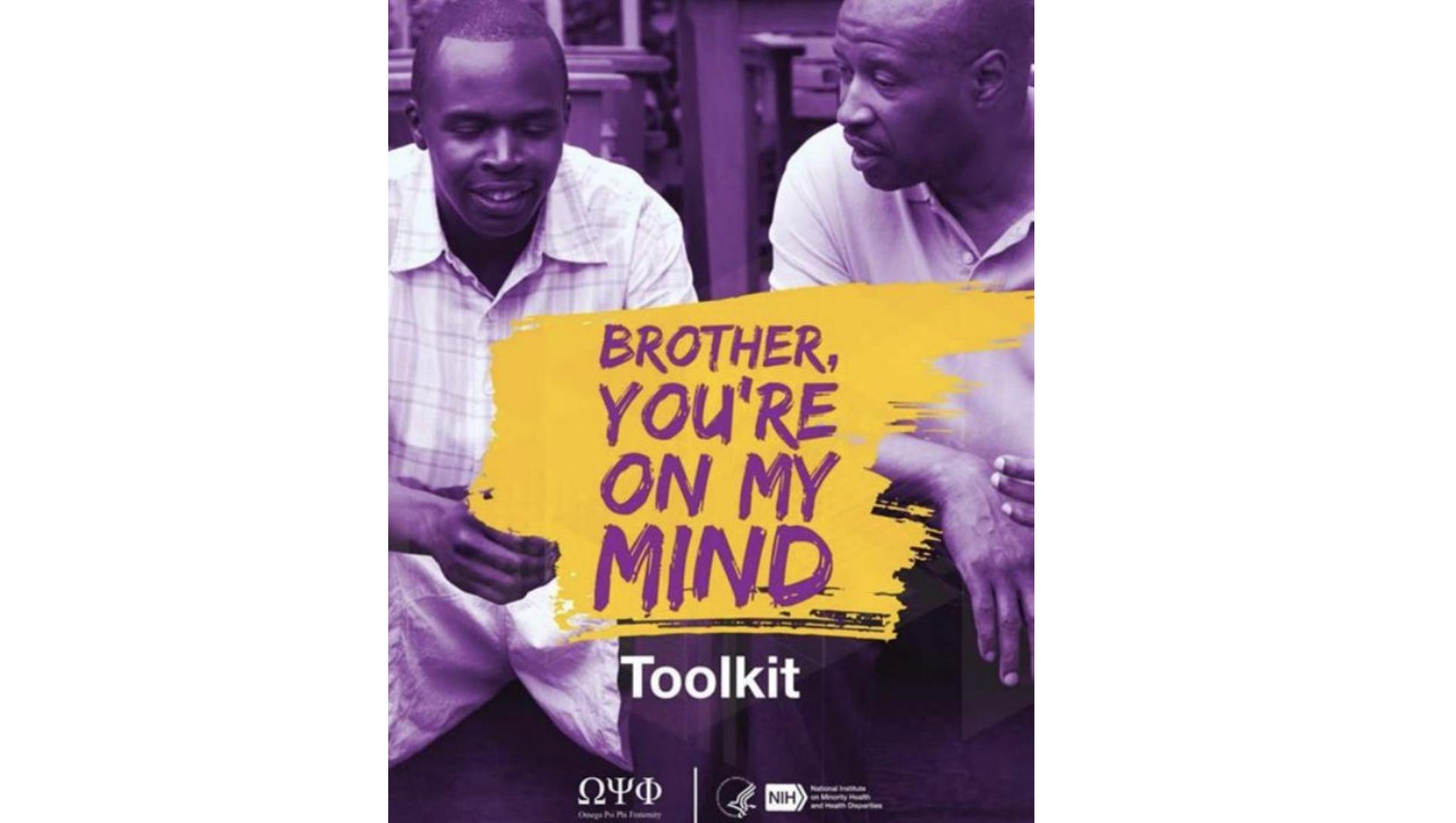
## **National Queer And Trans Therapists Of Color Network (NQTTCN)**

An organization committed to the mental well-being of queer and trans people of color. Their recognition of the trauma, oppression, and medical neglect queer and trans people of color experience allows for a space of healing. Their resources, such as The Mental Health Fund, The Radical Syllabus, and the Healing Justice Learning Strategy Lab, provide access, tools, and compassion.

## **Black Psychiatrist of America**

Our goal is to influence and change the field of psychiatry for the betterment of Black Americans and the diaspora.

<http://www.blackpsychiatrists.org/>

A photograph of two men, one younger and one older, sitting and talking. The younger man is on the left, wearing a plaid shirt, and the older man is on the right, wearing a polo shirt. They are both looking towards each other. The image has a purple tint. A yellow brushstroke graphic is overlaid on the center, containing the text 'BROTHER, YOU'RE ON MY MIND'.

**BROTHER,  
YOU'RE  
ON MY  
MIND**

**Toolkit**



**NIH**

National Institutes  
of Health



**Take Action for Mental Health** is the campaign for California's ongoing mental health movement. It builds upon established approaches and provides resources to support Californians' mental health needs.

Californians have been through an unprecedented time with profound mental health impacts: a global pandemic, an economic recession, social and political unrest, racial inequity and violence, and multiple natural disasters. The trauma, grief, and loss of millions of Californians is real. It's no wonder many people are struggling or not quite feeling themselves.

**NAMI** (National Alliance on Mental Illness)

# Black Mental Health Resources

## **Black Emotional and Mental Health Collective (BEAM)**

Group aimed at removing the barriers that Black people experience getting access to or staying connected with emotional health care and healing. They do this through education, training, advocacy and the creative arts.

## **Black Men Heal**

Limited and selective free mental health service opportunities for Black men.

## **Black Mental Health Alliance** - (410) 338-2642

Provides information and resources and a "Find a Therapist" locator to connect with a culturally competent mental health professional.

## **Black Mental Wellness**

Provides access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective, as well as training opportunities for students and professionals.

## **Boris Lawrence Henson Foundation**

BLHF has launched the COVID-19 Free Virtual Therapy Support Campaign to raise money for mental health services provided by licensed clinicians in our network. Individuals with life-changing stressors and anxiety related to the coronavirus will have the cost for up to five (5) individual sessions defrayed on a first come, first serve basis until all funds are committed or exhausted.

## **Brother You're on My Mind**

An initiative launched by Omega Psi Phi Fraternity, Inc. and NIMHD to raise awareness of the mental health challenges associated with depression and stress that affect Black men and families. Website offers an **online toolkit** that provides Omega Psi Phi Fraternity chapters with the materials needed to educate fellow fraternity brothers and community members on depression and stress in Black men.

## **Ebony's Mental Health Resources by State**

List of Black-owned and focused mental health resources by state as compiled by Ebony magazine.

## **Henry Health**

Provides culturally sensitive self-care support and teletherapy for Black men and their families. Currently in pilot program available only to residents of MD, VA and DC. Residents of other states can join their waiting list and will be notified when Henry Health is available in their state.

## **Melanin and Mental Health**

Connects individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities. Promotes the growth and healing of diverse communities through its website, online directory and events.

## **Ourselves Black**

Provides information on promoting mental health and developing positive coping mechanisms through a podcast, online magazine and online discussion groups.

## **POC Online Classroom**

Contains readings on the importance of self care, mental health care, and healing for people of color and within activist movements.

## **Sista Afya**

Organization that provides mental wellness education, resource connection and community support for Black women.

## **Therapy for Black Girls**

Online space dedicated to encouraging the mental wellness of Black women and girls. Offers listing of mental health professionals across the country who provide high quality, culturally competent services to Black women and girls, an informational podcast and an online support community.

## **The SIWE Project**

Non-profit dedicated to promoting mental health awareness throughout the global Black community.

## **The Steve Fund**

Organization focused on supporting the mental health and emotional well-being of young people of color.

## **Unapologetically Us**

Online community for Black women to seek support.

## **Black Women's Health Imperative**

Organization advancing health equity and social justice for Black women through policy, advocacy, education, research and leadership development.



## Black Mental Health &

## Healing Justice Immersion

Get practical peer support tools to support Black mental health. Black centered. Allies welcomed.

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Five Sessions Every Wednesday in June  
Starts: June 1, 2022

12:00 PM PST - 2:00 PM PST  
3:00 PM EST - 5:00 PM EST

LEARN MORE AT:  
[BEAM.COMMUNITY](https://beam.community)





Black  
Mental Health  
Alliance

# Mental Health Apps

## **Liberate Black Meditation App:**

Meditations by and for US with meditations specific toward black experience, coping with microaggressions, etc

## **Shine:**

Meditation app created by and for Black Women

## **Breathe2Relax:**

This app teaches users how to do diaphragmatic breathing (read: breathe down into the low belly)

## **Sanvello:**

An app that teaches techniques for dealing with anxiety, depression, and stress, It is based on cognitive behavioral therapy

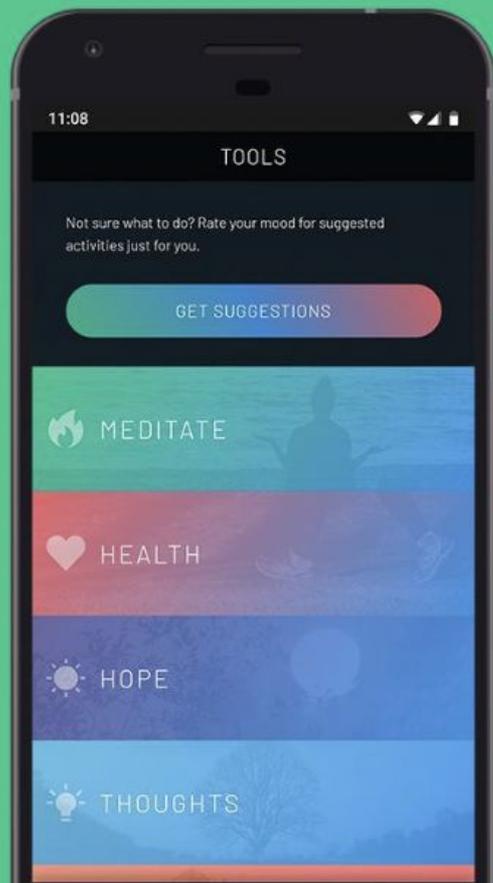
## **The Safe Place**

Mental health app geared specifically toward Black Mental Health education, treatment, and resources

## **Therapy for Black Girls App**

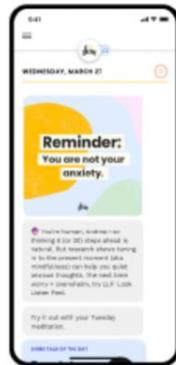
Safe space for discussions among Black Women

A self-care toolkit  
in your pocket.





shine



# Crisis Hotlines

## **Crisis Text Line (741-741) TEXT: TALK to 741-741**

The Crisis Text Line serves anyone, in any type of crisis, and it is available 24 hours a day, 7 days a week. Their trained Crisis Counselors are available for coping with any painful emotion for which you need support.

## **#AloneTogether**

Ways to take care of yourself and others while we do our part to stop the spread of the virus.

## **The American Foundation for Suicide Prevention (AFSP) 1-888-333-2377**

The American Foundation for Suicide Prevention raises awareness, funds research, and provides support and resources to those affected by suicide.

## **Anxiety and Depression Association of America (ADAA) 240-485-1001**

For information on the symptoms, treatment, and prevention of anxiety and depression.

## **Concussion Legacy Foundation**

Concussion and CTE Resources

## **Depression and Bipolar Support Alliance (DBSA)**

1-800-826-3632

For information online or in-person support for those with bipolar disorder and depression.

## **National Eating Disorders Association**

1-800-931-2237

## **Now Matters Now**

Now Matters Now provides skills and support for coping with suicidal thoughts.

## **Psychology Today**

Provides a national directory of therapists, psychiatrists, group therapy, and other options.

## **RAINN 1-800-656-4673**

National Sexual Assault Hotline.

## **Seize The Awkward**

Provides tips and tools to help young adults reach out to their friends about their mental health.

## **Substance Abuse and Mental Health Services Administration (SAMHSA)**

1-800-662-4357

Provides referrals to mental health care, substance abuse, and dual diagnosis treatment at a low cost/sliding scale.

## **Talkspace**

Online, on-demand digital therapy.

## **The Trevor Project 1-866-488-7386**

The Trevor Project provides confidential support for lesbian, gay, bisexual, transgender, and questioning (LGBTQ) young people. Their phone hotline is available 24 hours a day, 7 days a week.

## **TWLOHA**

Connect to mental health resources in your community.

## **Trans Lifeline 1-877-565-8860 (US) 1-877-330-6366**

Trans Lifeline provides trans peer support for our community that's been divested from police since day one. They're run by and for trans people.

## **Veteran's Crisis Line 1-800-273-8255 | TEXT: 838255**

The Veterans Crisis Line is available for veterans in crisis and their families and friends who are in need of support. Their hotline, text message service, and online chat are available 24 hours a day, 7 days a week to provide confidential support to those facing a crisis.

## **National Suicide Prevention Lifeline 1800 273 TALK**

## **SAMHSA National HelpLine 1 800 662 HELP**

## **Disaster Distress Hotline 1 800 985 5990**



**1 in 4 Black people don't share  
their mental health issues**

**Many Black people who have struggled  
with their mental health keep their issues  
to themselves, believing they don't know  
anyone that would understand**  
(Source: BipolarUK)



**MAKING TIME FOR  
BLACK MENTAL HEALTH  
EVENT**

**31 May at 6.30pm**



**#YourMHquestion  
@BIPOLAR SPEAKER**