

Black Mental Health Resources





Black Mental Health Resources:

Books:

Book Yoke: My Yoga of Self-Acceptance Jessamyn Stanley

Book The Body Is Not an Apology: The Power of Radical Self-Love Sonya Renee Taylor

Book The Unapologetic Guide to Black Mental Health: Navigate an Unequal System, Learn Tools for Emotional Wellness, and Get the Help You Deserve Rheeda Walker, PhD

Book Find Her Voice: How Black Girls in White Spaces Can Speak Up & Live Their Truth Faye Z. Belgrave, PhD; Ivy Belgrave; Angela Patton

Mental Health Facebook Pages:

Dr. Tyffani Dent (www.facebook.com/DrTyffani)

Non-Profits:

The Boris Lawrence Henson Foundation (<https://borislhensonfoundation.org/>)

Therapy for Black Girls (<https://therapyforblackgirls.com/>)

The Loveland Foundation (<https://thelovelandfoundation.org/>)

Therapy for Black Men (<https://therapyforblackmen.org/>)

Black Mental Health Alliance (www.blackmentalhealth.com)

Black Emotional and Mental Health Collective (<https://wellness.beam.community/>)

Podcasts:

Stitch Please Lisa Woolfork (<https://stitchpleasepodcast.com/>)

Therapy for Black Girls: Dr. Joy Harden Bradford (<https://therapyforblackgirls.com/podcast/>)

The Women's Initiative (www.thewomensinitiative.org)

The Stoop: Stories from across the Black Diaspora (<http://www.thestoop.org/>)

Mind Your Mental Dr. Raquel Martin (<https://podcasts.apple.com/us/podcast/mind-your-mental-podcast/id1546910622>)

Therapists:

Black Female Therapists (<https://www.blackfemaletherapists.com/>)

Black Male Therapists (<https://searchblackmaletherapists.com/>)

Mental Health Tools:

My Therapy Cards Dr. Ebony Butler <https://www.mytherapycards.com/>

TikTok @**RaquelMartinPhd** Dr. Raquel Martin

Your Body Is Not an Apology: Workbook Sonya Renee Taylor

Dr. Tracey Marks: Mental Health Doesn't Have to Be a Mystery
(<https://www.youtube.com/c/DrTraceyMarks/videos>)