**Helpful Mental Health Resources for Supporting Black Clients/Communities**

**Websites:**

**Black Emotional and Mental Health Collective**

<https://www.beam.community/>

* Website that offers Toolkits and exercises
* Journal Prompts
* Hosts virtual events that focus on topics:
	+ Ex: Black Masculinity (re) imagines
	+ Black Trans Wellness
* Professional Development and Educational Trainings

**National Alliance on Mental Illness**

<https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Black-African-American>

* Additional Website Resources are listed on this website.

**Ourselves Black**

<https://ourselvesblack.com/home>

* Narratives, mental health content routed in communities of color
* Podcasts, Articles, Mental Health Library

**Podcasts:**

**Therapy for Black Girls**

<https://therapyforblackgirls.com/podcast/>

* Discussing mental health barriers for black women
* Coping skills

**Hey, girl.**

<https://podcasts.apple.com/us/podcast/hey-girl/id1213443908>

* Discussing mental health barriers for black women
* Coping skills

**McSilver Institute: Black Boys and Men- Changing the Narrative**

<https://mcsilver.nyu.edu/black-boys-and-men-changing-the-narrative-1/>

* Trauma experiences of black men and boys
* Coping skills
* Discussing generational trauma