

RACIAL HEALING & TRAUMA WORKSHOP

Self-Care and Mental Health Resources for Black Communities

- Emotional Emancipation Circles: <http://www.communityhealingnet.org/emotional-emancipation-circles/>
- Association of Black Psychologists Self-Care Tool Kit: <https://www.abpsi.org/pdf/FamilyCommunitySelfCareToolKit.pdf>
- Self-Care Tool Kit: <http://www.communityhealingnet.org/resources/>
- Black Women's Health Imperative Stress Test: <https://stresstest.bwhi.org/>
- Liberate Meditation App: <https://liberatemeditation.com/>
- Headspace App: <https://www.headspace.com>
- The Safe Place App: <https://www.instagram.com/itsthesafeplace?hl=en>
- Therapy for Black Girls Podcast: <https://therapyforblackgirls.com/>
- Black Lives Matter Meditations: <http://drcandicenicole.com/2016/07/black-lives-matter-meditation/>
- EVOLVE (Members-Only Online Healing Studio): <http://www.HealASista.com>
- The #HealASista Project FB Group: <https://www.facebook.com/groups/TheHealASistaProject/>
- Black Emotional and Mental Health Collective (BEAM): <https://www.beam.community/>
- Black Mental Health Alliance: <https://www.blackmentalhealth.com/>
- Sista Afya Community Mental Wellness: <https://www.sistaafya.com/>
- Ourselves Black magazine: <https://ourselvesblack.com/>
- People of Color Online Classroom: <http://www.poconlineclassroom.com/self-care/>
- Hymn of Healing by Beautiful Chorus: <https://www.facebook.com/watch/?v=233555878035095>
- Mental Health Treatment Directories
 - Association of Black Psychologists: <http://www.abpsi.org/find-psychologists/>
 - Melanin & Mental Health: <https://www.melaninandmentalhealth.com/>
 - Psychology Today African American Therapists: <https://www.psychologytoday.com/us/therapists/african-american>
 - National Queer and Trans Therapists of Color Network: <https://www.nqttcn.com/directory>
 - LGBTQ Therapists of Color: <https://www.lgbtqpsychotherapistsofcolor.com/>
 - Inclusive Therapists: <https://www.inclusivetherapists.com/>

Sources: <https://mashable.com/article/black-mental-health-resources/>
<https://www.apa.org/helpcenter/>
<https://therapyforblackgirls.com/2020/01/09/session-46-mental-health-needs-activists/>

*"Radical self-care is required to live and survive in this world as a Black person.
Overdosing on radical self-care is essential in this moment."*

-Dr. Jameta Nicole Barlow