

Mental Health Resources

For the Black Community



Psych Hub Resources

BLACK HISTORY MONTH YOUTUBE PLAYLIST

Curated short videos and assorted podcasts on various mental health topics for the Black Community.

[VIEW PLAYLIST](#)

Black Girls Smile Inc.

Provides gender-responsive and culturally-affirming mental wellness education, resources, and support geared toward Black women and girls.

blackgirlssmile.org

Black Men Heal

Provides mental health treatment, education, and resources to Men of color.

blackmenheal.org

Black Mental Health Alliance

The development of Black communities in which optimal mental health enables children, youth, adults, and families to strive for and embrace their best life.

blackmentalhealth.com

Black Therapists Rock

Liberating racial trauma through collective healing.

blacktherapistsrock.com

Black Mental Wellness

Provides access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective, to highlight and increase the diversity of mental health professionals, and to decrease the mental health stigma in the Black community.

[Blackmentalwellness.com](https://blackmentalwellness.com)

Boris Lawrence Henson Foundation

Dedicated to creating innovative healing approaches in Black communities, illuminating paths for the Black community to envision a life full of hope and joy.

[Borislhensonfoundation.org](https://borislhensonfoundation.org)

Dr. Tracey Marks

Dr. Tracey Marks, a psychiatrist in Atlanta, teaches you about mental health issues and self-improvement.

youtube.com/@DrTraceyMarks/videos

The Village! App

An app designed to heal the relationship between Black men and women to restore the village.

apps.apple.com/us/app/the-village/id1451620569

Therapy for Black Girls

An online space dedicated to encouraging the mental wellness of Black women and girls.

[Therapyforblackgirls.com](https://therapyforblackgirls.com)

YouTube channel: youtube.com/channel/UCeCzkihESauLLvmHYx8HKCg

Therapy for Black Men

Provides proactive, multiculturally competent care to men of color.

[Therapyforblackmen.org](https://therapyforblackmen.org)

Therapy in Color

A community where Black, Indigenous, and people of color come together, learn from one another, and heal together.

[Therapyincolor.org](https://therapyincolor.org)