

You can click on the [highlighted links](#) or the words "[click here](#)" for more information.

## **Therapy:**

[psychologytoday.com](#)

To find a **[Psychiatrist](#)**

To find a **[Support Group](#)**

[therapyforblackgirls.com](#)

[therapyforblackmen.org](#)

[7cups.com](#)

[betterhelp.com](#)

[talkspace.com](#)

## **Sliding Scale:**

(services based on your income):

[openpathcollective.org](#)

## **Crisis Information:**

For the confidential crisis text line, text HOME to 741741. To find out more about what the crisis text line is [click here](#).

For the **[National Suicide Prevention Hotline](#)**, call 1-800-273-8255.

## **LGBTQIA+ (Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Intersex, Asexual or Allied):**

For **Transgender resources** [click here](#) or call 1-877-565-8860.

For **LGBTQ resources** [click here](#) or call 1-866-488-7386.

You can reach the **Gay and Lesbian** hotline at 1-888-843-4564.

## **Substance Abuse:**

[National Drug Helpline](#) or call 1-844-289-0879

[Alcoholics Anonymous](#)

[Narcotics Anonymous](#)

[Al-Anon](#)

## **Helpful Websites:**

Black Emotional & Mental Health Collective [www.beam.community](#)

[silencetheshame.org](https://silencetheshame.org)

[mentalhealthamerica.net](https://mentalhealthamerica.net)

[nami.org](https://nami.org)

### **Apps:**

The "[meet up](#)" app is a good place to find groups pertinent to whatever your personal interests are. Always make safe choices.

### **Symptom Tracking & Journaling:**

Mood Track Diary

Moodnotes

CBT Thought Diary

Mood Space Anxiety Tracker

Sparkle: Self Care Track list

Pixels Mood & Mindfulness Tracker

### **Meditation & Mindfulness:**

Calm

Headspace

The Mindfulness App

### **Adult Coloring:**

Pigment

Colorly

Recolor

### **Relaxation for Sleep:**

Rain Rain Sleep Sounds

Sleep Cycle Alarm Clock

Relax Melodies