



A resource
Guide



Mental Health Resources:

Brittney Cobb @ablackfemaletherapist

Tips for coping:

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Rest.

Maintain your routine.

Validate the emotion felt around what's happening.

Limit your social media use & exposure to the news.

Talk about what's happening.

Therapy if you have access to it.

Find ways to experience joy & participate in things you like doing.

Lean on others for support & also be mindful of when they might be struggling too.

Find a healthy outlet or way to express your thoughts & feelings about what's happening.

If you're looking for a Therapist:

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You want to.

To get support.

You're grieving.

To break cycles.

You need to vent.

You complain a lot.

You want a safe space.

To confront your truth.

To maintain your happiness.

You need an outside perspective.

You're unsure of what to do next.

You are experiences mood changes.

People keep taking advantage of you.

To sort out life changes or transitions.

You're frustrated with where you are in life.

To learn healthier ways of communicating.

You need help making an important decision.

You've tried different things & nothing has helped.

WHERE TO LOOK FOR A THERAPIST?

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USE THERAPIST WEBSITES

NAMI.ORG

TALKSPACE.COM

BETTERHELP.COM

PSYCHOLOGYTODAY.COM

OPENPATHCOLLECTIVE.ORG

SPEAK TO YOUR DOCTOR

CHECK WITH YOUR EMPLOYEE ASSISTANCE PROGRAM AT WORK.

USE GOOGLE.

SEARCH FOR:

"THERAPISTS IN MY AREA."

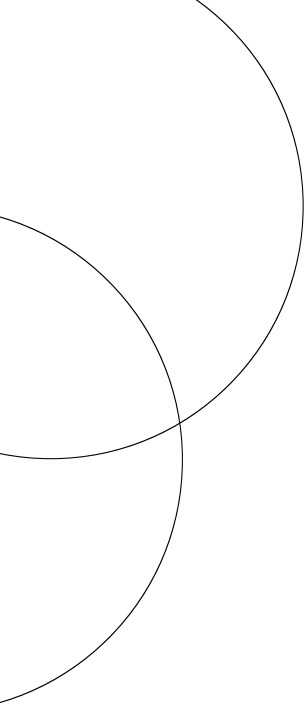
"LOCAL MENTAL HEALTH CLINIC."

"SLIDING SCALE BASED THERAPY IN MY AREA."

"LOW COST OR FREE THERAPY WHERE I LIVE."

CALL YOUR HEALTH INSURANCE

(IF YOU HAVE IT) TO FIND OUT WHAT
YOUR COVERAGE IS & TO GET A LIST OF
PANELED PROVIDERS.



If you identify as (bipoc) black, indigenous or a person of color & you're looking for a Therapist:

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NQTTCN.COM

INNOPSYCH.COM

SOULACEAPP.COM

TRAPTHERAPIST.COM

AYANATHERAPY.COM

LATINXTHERAPY.COM

ATHERAPISTLIKEME.ORG

THERAPYFORQPOC.COM

HEALINGINCOLOUR.COM

CLINICIANSOFCOLOR.ORG

THERAPYFORLATINX.COM

INCLUSIVETHERAPISTS.COM

SOUTHASIANATHERAPISTS.ORG

THERAPYFORBLACKMEN.ORG

THERAPYTHATLIBERATES.COM

THERAPYFORBLACKGIRLS.COM

BLACKFEMALETHERAPISTS.COM

WHOLEBROTHERSMISSION.COM

THELOVELANDFOUNDATION.ORG

BLACKTHERAPISTNETWORK.COM

MELANINANDMENTALHEALTH.COM

BORISLHENSONFOUNDATION.ORG

LATINXTHERAPISTSACTIONNETWORK.ORG



Resource List:

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Sexual Assault:

rainn.org
1-800-656-4673

Addiction:

1-844-289-0879
drughelpline.org
al-anon.org

Depression:

Text: 988
1-800-273-8255

Homelessness:

voa.org
nationalhomeless.org

Sex Trafficking

1-888-373-7888
(Text
"HELP" or "INFO")
to 233733

Domestic Violence:

loveisrespect.org
thehotline.org
1-800-799-7233

Parenting:

fatherhood.gov
familyeducation.com
nationalparenthelpline.org

Bullying:

stopbullying.gov
cyberbullyhotline.com

Other helpful Sites:

samhsa.gov
https://www.nimh.nih.gov/
melaninandmentalhealth.com
www.beam.community.com
mentalhealthamerica.net

LGBTQIA+:

nqttn.com
glaad.orgresourcelist
thetrevorproject.org
1-877-565-8860
transequality.org

Abortion:

prochoice.org

General Resources:

211.org

Grief:

healgrief.org

Mental Health Hotlines:

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Your Life Your Voice

1-800-448-3000

Text Your Voice to 20121

For preteens & young adults going through life struggles.

Mental Health America

Text MHA to 741741

You will be linked to someone who can guide you through a crisis or provide mental health information.

National Institute of Mental Health

1-866-615-6464

Communicate with knowledgeable people about mental health issues. There is a live chat option on their website. Resources available Mon-Fri 8am - 5pm. EST.

National Alliance on Mental Illness

1-800-950-6264

Mon-Fri from 10am to 6pm EST. Operators provide information about mental illness and refer callers to treatment, support groups, family support, legal support.

Books:

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- 52 LISTS FOR CALM: MOOREA SEAL
- IT DIDN'T START WITH YOU: MARK WOLYNN
- SELF COMPASSION: DR. KRISTIN NEFF
- NEVER GO BACK: DR. HENRY CLOUD
- ADULT CHILDREN OF EMOTIONALLY IMMATURE PARENTS: LINDSAY GIBSON
- MY GRANDMOTHERS HANDS: RESMAA MENAKEM
- CO-DEPENDENT NO MORE: MELODY BEATTIE
- ATTACHED: AMIR LEVINE & RACHEL HELLER
- BOUNDARIES: DR. HENRY CLOUD & DR. JOHN TOWNSEND
- MAYBE YOU SHOULD TALK TO SOMEONE: LORI GOTTLIEB
- THRIVING WITH SOCIAL ANXIETY:HATTIE COOPER
- THE FOUR AGREEMENTS: DON MIGUEL RUIZ
- I WASN'T READY TO SAY GOODBYE: BROOK NOEL & DR. PAMELA D. BLAIR
- THE UNAPOLOGETIC GUIDE TO BLACK MENTAL HEALTH: DR. RHEEDA WALKER
- OVERCOMING PASSIVE-AGGRESSION: DR. TIM MURPHY & LORIANN HOFF OBERLIN
- NON-VIOLENT COMMUNICATION: MARSHALL B. ROSENBERG & DEEPAK CHOPRA
- THE BODY KEEPS THE SCORE: DR. BESSEL VAN DER KOLK
- THE DEEPEST WELL-HEALING CHILDHOOD ADVERSITY: DR. NADINE BURKE HARRIS
- ALL ALONG YOU WERE BLOOMING: MORGAN HARPER NICHOLS
- WHY WON'T YOU APOLOGIZE: HARRIET LERNER
- NECESSARY ENDINGS: DR. HENRY CLOUD

Podcasts:

Dear Therapists

Hidden Brain

Mindful Minute

Let's Talk Bruh

Men, This Way

Savvy Psychologist

Small Things Often

The Anxiety Podcast

Mark Grove Podcast

Black Girls Heal

Small Things Often

Therapy for Black Girls

Super Soul Podcast

Therapy for Real Life Podcast

Express Yourself Black Man

The Place We Find Ourselves

Sleep Meditation Podcast

Building Relationships

Unlocking Us