

VIRGINIA DEPARTMENT OF BEHAVIORAL HEALTH &
DEVELOPMENTAL SERVICES

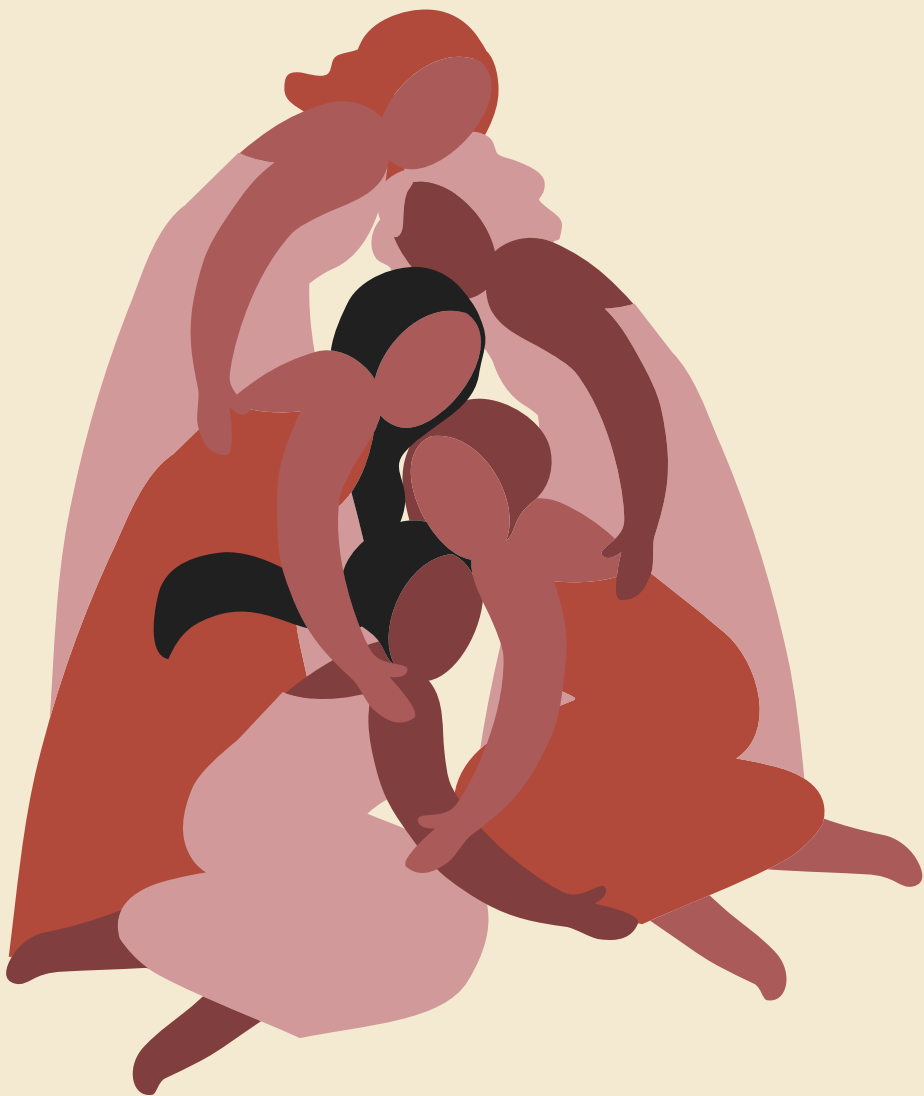
MENTAL HEALTH TOOLKIT

Resources to process race-based trauma & address mental
wellness

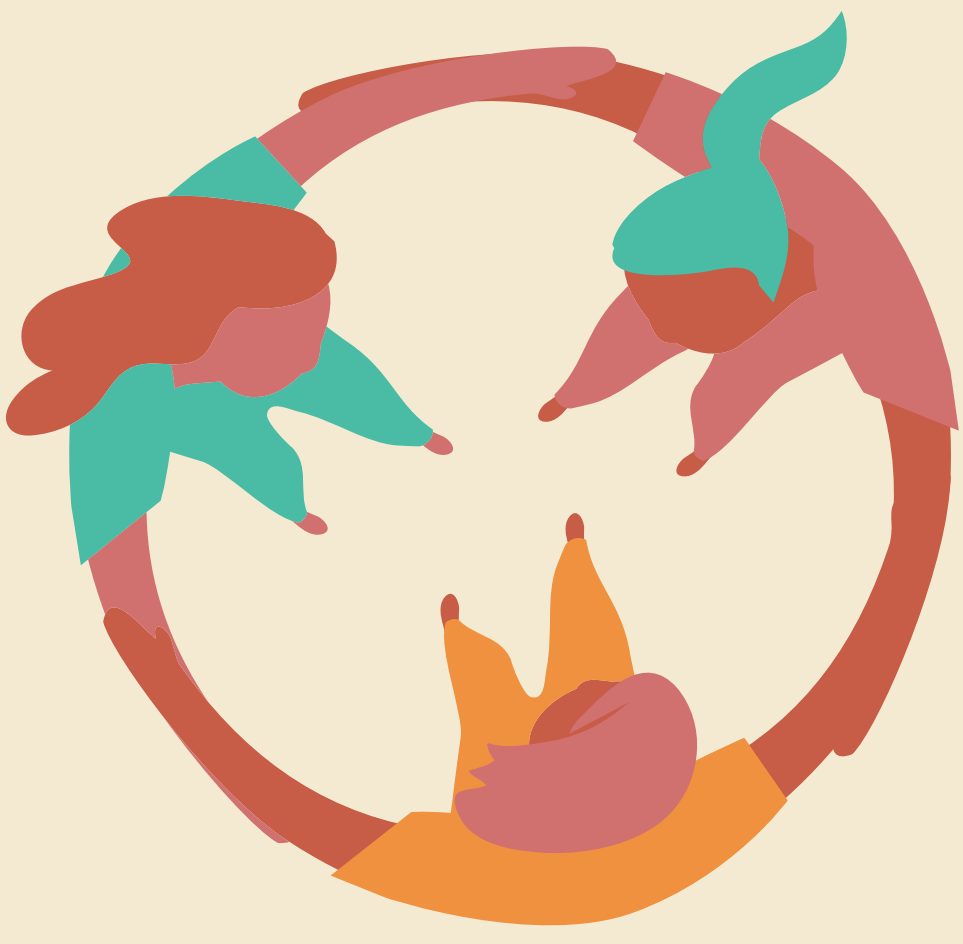


"CARING FOR MYSELF IS NOT SELF-INDULGENCE, IT IS SELF-PRESERVATION...." -AUDRE LORDE

Resources related to race-based trauma



- Inclusive Therapists will match you with a therapist, including those offering reduced-fee teletherapy. The organization is known for being inclusive, offering services for racial trauma and connecting people of all identities, abilities, and bodies with culturally sensitive care. Most therapists offer reduced-fee teletherapy.
- Melanin & Mental Health is a website run by two Black therapists devoted to providing a directory of culturally-competent therapists, a podcast, and other resources.
- The Liberate app offers meditations and talks "designed for the BIPOC [Black, Indigenous, and People of Color] experience." It facilitates healing via "naming and offering resources for common cultural experiences, like micro-aggressions." Monthly and annual subscriptions are available for \$9.99 and \$71.99. Financial assistance is available for those who need it. Available on the Apple Store and Google Play.



Various free or low-cost group therapy sessions are also available....

- BUFU Collective holds virtual candlelight vigils each Sunday in order to create a space to grieve lives lost to COVID and state violence.
- Sista Afya, a Chicago-based mental health organization, offers a free online support group for black women.
- Solar Flux facilitates virtual breathwork sessions "for Black people looking for emotional release, co-regulation, & embodied healing."





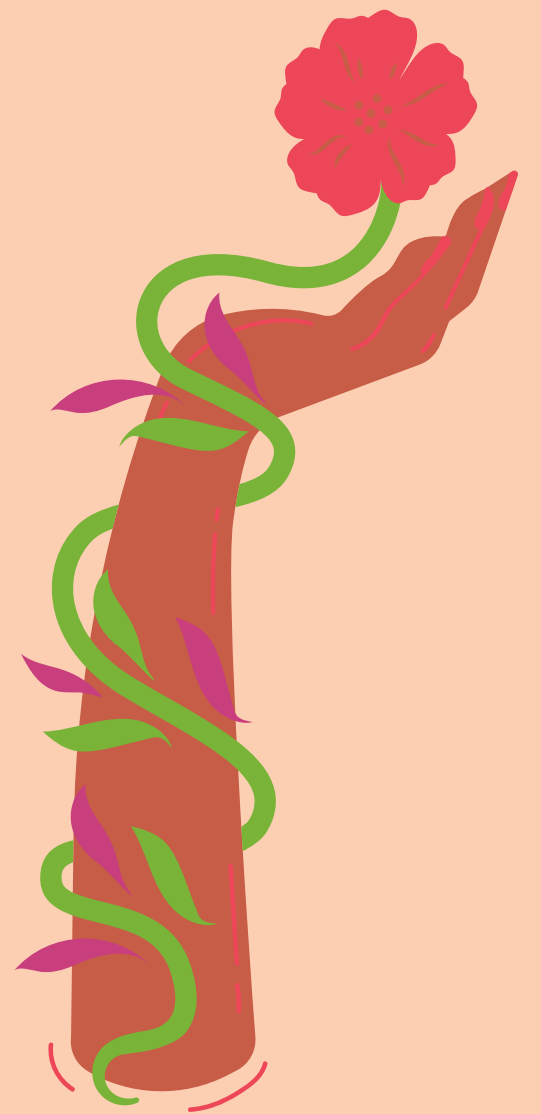
Self-Care Tips for Activists

Therapy for Black Girls, an organization devoted to encouraging the mental wellness of Black women and girls, provides various resources. One podcast episode (session 46) highlights various tips for activists & delve into specific mental health needs of protestors. They also host a private community Facebook support group. Free support sessions take place on Thursday nights at 7:00pm EST.



The Association of Black Psychologists have produced a 26-page toolkit outlining information about the effects of racism and race-based trauma on the body & mind. Self-care strategies are included [here](#).

SELF compiled its own list of 44 mental health resources for Black people [here](#).



The [Boris Lawrence Henson Foundation](#)'s vision is to eradicate stigma around mental health issues in the Black community. The Foundation is also offering free COVID-19 virtual therapy.

[The Nap Ministry](#). "facilitates immersive workshops and curate performance art that examines rest as a radical tool for community healing."



Sharing Hope is an hour-long presentation that can help increase mental health awareness in African-American communities by addressing a number of important topics.

Black Emotional and Mental Health Collective (BEAM) is a nonprofit collective "committed to the emotional/mental health and healing of Black communities." The website provides resources related to wellness, emotional regulation, and coping skills.

Black Women's Health Imperative was founded to "help protect and advance the health and wellness of Black women and girls."

The POC Online Classroom provides readings and other materials related to self-care.

The Safe Place app is designed to reach black users with information about mental health and self-care resources. Available for free download at the Apple Store & Google Play.

When searching for a culturally competent therapist, try the following directories:

- Association of Black Psychologists
- LGBTQ Psychotherapists of Color
- National Queer and Trans Therapists of Color Network
- Psychology Today Directory of African American Therapists



You can also find helpful resources in another racial trauma toolkit located [here](#).

