

Race & Mental Health Resources

BLACK-SPECIFIC RESOURCES

- Black Virtual Therapist Directory
<https://www.beam.community/bvtn>
- Selected local mental health providers of color
<https://bit.ly/MHProvidersOfColor>

DUKE RESOURCES & SERVICES

- Duke COVID-19 Emotional Support & Well-Being Line
919-681-1631
- Duke Personal Assistance Services (PAS)
<https://pas.duke.edu/>
919-416-1727
- Duke Department of Psychiatry & Behavioral Sciences
<https://psychiatry.duke.edu/patient-care>
919-684-0100 (adult care; 18+)
919-385-3232 (pediatric care)
- Duke Counseling and Psychological Services (CAPS)
<https://studentaffairs.duke.edu/caps>
919-660-1000 (for university students)
- DukeReach
<https://studentaffairs.duke.edu/dukereach>
919-681-2455

PHONE-BASED CRISIS SUPPORT SERVICES

- National Suicide Prevention Lifeline
<https://suicidepreventionlifeline.org/>
1-800-273-8255 (TALK)
- Disaster Distress Helpline/Linea de Ayuda (SAMHSA)
1-800-985-5990
Text **TalkWithUs** or **Hablanos** to 66746 for support via text
- Hope4NC Helpline
1-855-587-3463 (FIND)

NATIONAL ORGANIZATIONS

- [American Psychiatric Association \(APA\)](#)
- [American Psychological Association \(APA\)](#)
- [National Institute of Mental Health \(NIMH\)](#)
- [National Alliance on Mental Illness \(NAMI\)](#)
- [Mental Health America \(MHA\)](#)
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)
- [National Child Traumatic Stress Network \(NCTSN\)](#)
- [National Center for Posttraumatic Stress Disorder \(PTSD\)](#)

... And/or reach out to a trusted friend or family member, minister/spiritual leader, or primary care/other health care provider.

Race & Mental Health Resources *(continued)*

[Black Men Heal](#)

Limited and selective free mental health service opportunities for Black men.

[Black Mental Health Alliance](#) - (410) 338-2642

Provides information and resources and a “Find a Therapist” locator to connect with a culturally competent mental health professional.

[Black Mental Wellness](#)

Provides access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective, as well as training opportunities for students and professionals.

[Black Women’s Health Imperative](#)

Organization advancing health equity and social justice for Black women through policy, advocacy, education, research and leadership development.

[Boris Lawrence Henson Foundation](#)

BLHF has launched the COVID-19 Free Virtual Therapy Support Campaign to raise money for mental health services provided by licensed clinicians in our network. Individuals with life-changing stressors and anxiety related to the coronavirus will have the cost for up to five (5) individual sessions defrayed on a first come, first serve basis until all funds are committed or exhausted.

Race & Mental Health Resources *(continued)*

[Brother You're on My Mind](#)

An initiative launched by Omega Psi Phi Fraternity, Inc. and NIMHD to raise awareness of the mental health challenges associated with depression and stress that affect Black men and families. Website offers an [online toolkit](#) that provides Omega Psi Phi Fraternity chapters with the materials needed to educate fellow fraternity brothers and community members on depression and stress in Black men.

[Ebony's Mental Health Resources by State](#)

List of Black-owned and focused mental health resources by state as compiled by Ebony magazine.

[Henry Health](#)

Provides culturally sensitive self-care support and teletherapy for Black men and their families. Currently in pilot program available only to residents of MD, VA and DC. Residents of other states can join their waiting list and will be notified when Henry Health is available in their state.

[Melanin and Mental Health](#)

Connects individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities. Promotes the growth and healing of diverse communities through its website, online directory and events.

[Ourselves Black](#)

Provides information on promoting mental health and developing positive coping mechanisms through a podcast, online magazine and online discussion groups.

Race & Mental Health Resources *(continued)*

[POC Online Classroom](#)

Contains readings on the importance of self care, mental health care, and healing for people of color and within activist movements.

[Sista Afya](#)

Organization that provides mental wellness education, resource connection and community support for Black women.

[Therapy for Black Girls](#)

Online space dedicated to encouraging the mental wellness of Black women and girls. Offers listing of mental health professionals across the country who provide high quality, culturally competent services to Black women and girls, an informational podcast and an online support community.

[The SIWE Project](#)

Non-profit dedicated to promoting mental health awareness throughout the global Black community.

[The Steve Fund](#)

Organization focused on supporting the mental health and emotional well-being of young people of color.

[Unapologetically Us](#)

Online community for Black women to seek support.