

## **MENTAL HEALTH AND WELLBEING RESOURCES FOR BLACK STUDENTS**

**CAPS staff stand in solidarity with the Black community at Stanford. We are opening multiple sessions specifically to support Black students at this time. Please call 650-723-3785 to obtain a virtual Community Connects appointment with a CAPS therapist.**

### **ON-LINE RESOURCES FOR SUPPORT AND LINKAGE**

**Brukout media/Black Lives Matter** has compiled a comprehensive list of mental health resources, many of which are also included in this list.

<https://www.brुकout.media/blacklivesmatter>

#### **Black Mental Health Alliance**

<https://blackmentalhealth.com/>

- Based in Baltimore, MD, but has online and virtual resources
- Directory of mental health providers
- Workshops and classes for both consumers and professionals

#### **Black Emotional and Mental Health Collective (BEAM)**

<https://www.beam.community/>

“BEAM is a training, movement building and grant making organization dedicated to the healing, wellness and liberation of Black and marginalized communities. BEAM’s mission is to remove the barriers that Black people experience getting access to or staying connected with emotional health care and healing. We do this through healing justice based organizing, education, training, grantmaking and advocacy.”

- Based in Los Angeles
- Virtual mental health network for students to locate online providers
- Multiple resources including videos, coping toolkits, blogs
- Active social media network

#### **Therapy for Black Girls**

<https://therapyforblackgirls.com/>

- An online space dedicated to encouraging the mental wellness of Black women and girls.
- Directory of mental health providers nationwide
- A popular podcast that focuses on mental health and therapy:  
<https://therapyforblackgirls.com/podcast/>

#### **Therapy for Black Men**

<https://therapyforblackmen.org/>

- A directory to help men of color in their search for a therapist. Using the directory, men can search by therapist location and specialization.
- Also has lists of coaches and other resources

### **Inclusive Therapists**

<https://www.inclusivetherapists.com/>

“We are social justice-oriented professionals that are boldly: anti-discrimination, anti-oppression, anti-stigma, anti-racist & anti-ablest. We are an activist movement pursuing equity, justice and liberation in mental health care.”

- Directory of inclusive therapists for several states, mostly concentrated in Texas, Florida, California, Massachusetts, Michigan, New York, and New Jersey
- Numerous resources for professionals and clients
- Blog, articles, active social media

Handbook for POC to guide them in connecting with a therapist:

<https://twitter.com/InclusiveMH/status/1262905890459529217?s=20>

### **Melanin and Mental Health**

<https://www.melaninandmentalhealth.com/>

- Based out of Houston, TX
- Limited directory of therapists
- Resources, events, active social media

### **The National Queer and Trans Therapists of Color Network (NQTTCN)**

<https://www.nqttcn.com/>

- Directory of providers for queer and trans people of color in North America.
- Resources, articles, active social media

## **LOCATION SPECIFIC RESOURCES**

LOS ANGELES

MINNEAPOLIS/MINNESOTA

### **The Mary Ellen Strong Foundation**

<https://maryellenstrongfoundation.org/directory-black-therapists/>

Promotes mental health in underserved communities and works to increase the number of licensed mental health providers who are dedicated to meeting the needs of underserved communities.

### **Aruba Emotional Health**

3210 Oliver Avenue North

Minneapolis , MN 55412

<http://www.arubahemotionalhealth.com/>

### **Empower Therapeutic Support Services, LLC**

227 Colfax Ave North, Suite #15

Minneapolis, MN 55405

(612)-223-0373

<https://empowerfam.com/>

### **Levan Counseling**

2800 Freeway Boulevard, 1st Floor Suite

Brooklyn Center, MN

Phone: 612-440-0914

<https://www.levancounseling.org>

### **Northpoint Health and Wellness**

<https://www.northpointhealth.org/behavioral-health>

### BALTIMORE

### **Black Mental Health Alliance**

<https://blackmentalhealth.com/>

### NEW YORK

### WISCONSIN

The Mary Ellen Strong Foundation

<https://maryellenstrongfoundation.org/directory-black-therapists/>

### DETROIT

### CHICAGO

### **Sista Afya Community Mental Wellness**

<https://www.sistaafya.com/>

- Full range of mental health services and online resources for Black women
- Private pay and sliding scale

### **ONLINE COMMUNITIES/WELLNESS**

#### **The Siwe Project**

<http://thesiweproject.org/>

“The Siwe Project aims to reduce the stigma surrounding mental illness in our society.

We believe that it is important to understand that you are not alone and that healing and strength comes from finding community. Here’s your opportunity to tell your story in your own words or images and read the stories of others.”

#### **Ethel’s Club**

<https://www.ethelsclub.com/>

- An online community that offers content and support to people of color.
- Content is streamed daily.
- Requires a paid membership, lowest plan is approximately \$17 per month.

### **FINANCIAL ASSISTANCE FOR THERAPY**

**The Loveland Foundation** is an organization that provides financial assistance to black womxn to cover the cost of therapy <https://thelovelandfoundation.org/loveland-therapy-fund/>

Stanford students can receive assistance to cover cost of therapy from Financial Aid as well as Opportunity Fund and Grad students via Grant in Aid. See our website for more details:

<https://vaden.stanford.edu/caps/referrals#Finances>