

Resources for Black and African American community members

**NJIT Resources:**

**Our Space: BIPOC Therapy Group (C-CAPS)**

**Mondays 2:30 p.m. – 3:45 p.m. E.T.**

Facilitated by Shalin Bhatt

This group supports and connects students of color at NJIT, increasing a sense of community through conversations that center racial, ethnic, and cultural perspectives. Members commit to maintaining a safe and validating environment for diversity of thought, emotion, lived experience, and identity.

'Our Space' aims to enhance self-awareness, authenticity, empowerment, and one's ability to respond to stress, adversity, and trauma.

**Dates and Time:** Mondays from 2:30 p.m. to 3:45 p.m. ET. For location and more information, please contact Shalin Bhatt ([shalin.bhatt@njit.edu](mailto:shalin.bhatt@njit.edu))

**University of Oregon Mental Health Resources:**

[BlackLine](#) is a crisis support phone and text line that focuses on supporting Black, Black L G B T Q I+, Brown, Indigenous, and Muslim folk, but supports all regardless of identity. Call 1-800-604-5841 to receive support.

**Downloadable Toolkits for Healing:**

The Community Healing Network's [Healing in the Face of Racial Trauma toolkit](#), created by and for people of African ancestry, is available for free download.

The Institute for the Study and Promotion of Race and Culture at Boston College has created a [Racial Trauma Toolkit](#) to help communities of color manage post trauma symptoms.

**Georgetown Behavioral Health Institute**

Resources to help Black people and other people of color care for their mental health through the trauma of racism. Resources include organizations, therapy directories, books, online resources, apps and social media.

**Therapy And Wellness Resources For Black Mental Health**

A list of 13 resources, including therapy listings, virtual classes and support groups.

**Supportive Communities and Therapist Directories:**

[Melanin and Mental Health](#) produces the *Between Sessions* mental health podcast and offers help finding a therapist of color in your community.

[Therapy for Black Girls](#) has a variety of resources for mental health support and help connecting with mental health professionals.

[Therapy for Black Men](#) is a directory for men of color in search of a therapist.

The [National Queer and Trans Therapist of Color Network](#) has a directory of providers who identify as queer people of color, and offer financial resources for accessing support.

[Black Mental Health Alliance](#) has additional resources, support, and education, as well as another directory of Black psychiatrists.

[Sista Afya](#) Community Mental Wellness connects Black womxn across the diaspora to support community and healing through education, resource referrals, and connections.

### **Other Self-Care Resources:**

[Liberate](#) is a meditation app by and for B I P o C folk. The meditations incorporate social justice principles to focus on healing from internalized racism and external systemic racism, microaggressions, and other day-to-day experiences.

Zahra Barnes put together [44 Mental Health Resources for Black People Trying to Survive in this Country](#), with people and organizations to follow and things to remember while seeking support.

These [self-care tips for Black people](#) who are struggling with this very painful week from Rachel Miller at Vice offers some ideas for relief.

### **Websites:**

Black healing

<https://www.safeblackspace.org/resources>

Organizations addressing police accountability and racial justice

<https://www.nfg.org/resources/organizations-addressing-police-accountability-and-racial-justice-0>

Teaching resources about race, racism, and police violence

<https://www.learningforjustice.org/moment/racism-and-police-violence>

### **Social Media (Instagram):**

@LadyDaneFE (African Cuban Indigenous trans womxn artist)

@Alex\_Elle (Writing to Heal Facilitator; host of [Hey Girl Podcast](#))

@BlackAndEmbodied (Licensed mental health therapist; focus on body liberation and racial healing)

@MelanatedSocialWork (Four Black & Brown therapists-started podcast, movement, healing)

@MelaninMvskoke (Affirming Black Indigeneity)

@TheSIWEProject (Dedicated to promoting mental health awareness in the global Black community)

@WearYourVoice (Digital feminist magazine for and by L G B T Q I A+ Black, Indigenous, and People-of-Color)

@PhreedomJawn (Black fat queer blog)

@JMaseIII (Black trans poet & educator)

@ChangingFrequencies (Archival memory project and cultural work to disrupt & transform the Medical Industrial Complex)

@BlackVisionsCollective (Black autonomy, community-led safety, right relationship with ecosystems)

@RootedResistance (Reimagining + creating space for queer, trans, G N C & non-binary B I P O C in U.S. South)

@DecolonizingTherapy (“Rage Doctor”)  
@HolisticCheaux (Motherhood, parenting, abolition, and mutual aid)  
@HarlemUnitedNYC (Community-based, client-centered healthcare)  
@JusticeForGeorgeNYC (Centralized info on protests in N Y C for #blacklivesmatter)  
@SubversiveThread (Educators resources)  
@WeTheUrban (Black-owned celebrating inclusivity, self-love, and marginalized voices)  
@CSSWAction (Action Lab for Social Justice at C S S W)  
@Columbia.BSC (Black Student Caucus at C S S W)  
@MammyIsDead (Rawiyah Tariq Black queer witch, writer, performer, healer, speaker)  
@BlackIvyStories (Platform dedicated to uplifting the voices of Black people in and around the Ivy League)