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ONLINE PERSON OF COLOR RESOURCES

[Brown Girl Therapy](#) is an online community founded by therapist-in-training Sahaj Kaur Kohli, focused on promoting therapy and unpacking bicultural identity.

[Identity and Cultural Dimensions](#) | NAMI

[Inclusive Therapists](#) aims to make the process of seeking therapy simpler and safer for all people, especially marginalized populations.

[Melanin and Mental Health](#) connects individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities.

[The AAKOMA Project](#) helps diverse teenagers and their families achieve optimal mental health through dialogue, learning, and the understanding that everyone deserves care and support.

[Academics for Black Survival and Wellness](#) an organization of Black counseling psychologists and their colleagues who practice Black allyship.

[Black/African American](#) | NAMI

[Black Community](#) | Anxiety & Depression Association of America

[Black Emotional and Mental Health Collective \(BEAM\)](#) is a training, movement building, and grant-making organization dedicated to the healing, wellness, and liberation of Black and marginalized communities.

[Black Girls Smile Inc.](#) promotes positive mental health for young African American girls.

[Black Men Heal](#) works to provide access to mental health treatment, psycho-education, and community resources to men of color.

[Black Mental Health Alliance](#) develops, promotes, and sponsors trusted, culturally-relevant educational forums, training, and referral services that support the health and wellbeing of Black people and other vulnerable communities.

[Black Mental Wellness](#) provides access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective, highlights and increases the diversity of mental health professionals, and decreases the mental health stigma in the Black community.

([Instagram](#))

[Black Therapists Rock](#) A community of Black therapists working to heal generational trauma.

[Melanated Social Work](#) shares mental health resources, information, and discussions created and curated by four men of color in the social work field. ([Instagram](#) | [podcast](#))

[National Organization for People of Color Against Suicide](#), founded by suicide loss survivor, Dr. Donna Barnes, works to reduce the stigma of suicide prevention among communities of color through training and advocacy

[Transparent Black Girl](#) is a wellness collective shattering unconventional stigmas surrounding what it means to be well for black women.

[The Boris Lawrence Henson Foundation](#) provides support for and brings awareness to mental health issues that plague the African American community.

[Depressed While Black](#) | An online community, blog, and video hub for Black mental health.

[Eustress](#) raises awareness on the importance of mental health in underserved communities, allowing individuals to identify and overcome challenges to achieve a healthier and productive lifestyle

[A Growing List Of Black Mental Health Resources](#) | Ebony

[Pretty Brown Girl](#)'s mission is to empower Black and Brown girls while encouraging self-acceptance by cultivating social, emotional & intellectual well-being. ([Instagram](#))

[Sista Afya Community Mental Wellness](#) sustains the mental wellness of Black women through building community, sharing information, and connecting Black women to quality mental wellness services. (Illinois only)

[Therapy for Black Girls](#) is an online space dedicated to encouraging the mental wellness of Black women and girls. ([Twitter](#) | [Facebook](#) | [Podcast](#))

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

[The Tupac Amaru Shakur Foundation](#) addresses mental health conditions and eradicates the effects of trauma on the Black community by providing access to therapeutic resources, creative arts, and education designed to support mental health, physical wellness, and overall development.