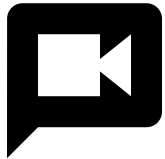


# Mental Health Resources for POC

## Videos



- **Mental Health Tips for African Americans to Heal after Collectively Witnessing an Injustice**

<https://www.youtube.com/watch?v=RkOcHEldo3g>

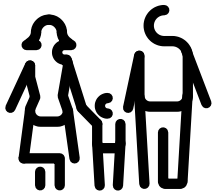
- **Race Related Trauma, Stress + Depression are Real**

<https://www.facebook.com/NAMIBucks/videos/182641893100684>

- **Sesame Street (Racism Episode)**

<https://youtu.be/ovoilDjethU> & [https://youtu.be/RKsxwvhK\\_C8](https://youtu.be/RKsxwvhK_C8)

## Talking to Children



- **How to Talk to Your Kids About Protests and Racism**

<https://www.cnn.com/2020/06/01/health/protests-racism-talk-to-children-wellness/index.html>

- **How to Talk to Kids About Race: Books and Resources**

<https://www.readbrightly.com/how-to-talk-to-kids-about-race-books-and-resources-that-can-help/>

## Books for Children



- **Excellent "Diverse" Books for Children | EmbraceRace**

<https://www.embracerace.org/resources/where-to-find-diverse-childrens-books>

- **7 Essential Books to Read That will Educate You and Your Kids on Anti-Racism**

<https://www.intheknow.com/2020/06/01/anti-racism-books/>

## Resources



- **Find a Therapist**

<https://www.psychologytoday.com/us/therapists/african-american/oh/cincinnati?sid=5ed9417716066>

- **Help Line - 800-273-8255**

- **Crisis Text Help - Text START to 741-741**

# Mental Health Resources for POC

## Organizations

- **Black Emotional and Mental Health Collective (BEAM)** | <https://www.beam.community/>
- **Black Mental Health Alliance** | <https://blackmentalhealth.com/>
- **Black Mental Wellness** | <https://www.blackmentalwellness.com/>
- **Eustress** | <https://www.eustressinc.org/>

## Books

- **The Unapologetic Guide to Black Mental Health** | Rheeda Walker, PhD | <https://www.rheedawalkerphd.com/book>
- **My Grandmother's Hands** | Resmaa Menakem | <https://www.resmaa.com/books>

## Seek Support

- **The Safe Place** | <https://play.google.com/store/apps/details?id=com.he6ecb72aef1>
- **Inclusive Therapists** | <https://www.inclusivetherapists.com/>
- **Therapy For Black Men** | <https://therapyforblackmen.org/>
- **Therapy For Black Girls** | <https://therapyforblackgirls.com/>
- **National Queer & Trans Therapists of Color Network** | <https://www.nqttcn.com/>

## Learn

- **The Racial Healing Handbook** | Anneliese A. Singh, PhD, LPC  
[https://books.google.com/books/about/The\\_Racial\\_Healing\\_Handbook.html?id=S6wfwAEACAAJ](https://books.google.com/books/about/The_Racial_Healing_Handbook.html?id=S6wfwAEACAAJ)
- **Behavioral Health Equity for Black/African American People** | SAMHSA  
<https://www.samhsa.gov/behavioral-health-equity/black-african-american>
- **Being Antiracist** | National Museum of African American History & Culture  
<https://nmaahc.si.edu/learn/talking-about-race/topics/being-antiracist>

## Teach

- **Addressing Race and Trauma in the Classroom** | The National Child Traumatic Stress Network  
[https://www.nctsn.org/sites/default/files/resources/addressing\\_race\\_and\\_trauma\\_in\\_the\\_classroom\\_educators.pdf](https://www.nctsn.org/sites/default/files/resources/addressing_race_and_trauma_in_the_classroom_educators.pdf)
- **Racism and Violence: How to Help Kids Handle the News** | Child Mind Institute  
<https://childmind.org/article/racism-and-violence-how-to-help-kids-handle-the-news/>
- **Tolerance Lesson: Talking about Race and Racism** | Teaching Tolerance  
<https://www.tolerance.org/classroom-resources/tolerance-lessons/talking-about-race-and-racism>

## Support & Donate

- **The Boris Lawrence Henson Foundation** | <https://borislhensonfoundation.org/>
- **The Loveland Foundation** | <https://thelovelandfoundation.org/>
- **Sista Afya Community Mental Wellness** | <https://www.sistaafya.com/>
- **Melanated Social Work** | <https://www.instagram.com/melanatedsocialwork/>

