



## Resources for Black Individuals and Communities

- [Black Lives Matter: Meditations](#)
- [Black Lives Matter: Toolkits](#)
- [Black Mental Health Alliance](#)
- [Common Coping Strategies](#)
- [Disarming Racial Microaggressions: Microintervention Strategies for Targets, White Allies, and Bystanders](#)
- [Emotionally Restorative Self-Care for People of Color](#)
- [Grief is a Direct Impact of Racism: Eight Ways to Support Yourself](#)
- [Johns Hopkins Support Resources](#)
- [NAMI: African American Mental Health](#)
- [Open Path Psychotherapy Collective](#)
- [Racial Trauma is Real](#)
- [Therapy for Black Girls](#)