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