

MENTAL HEALTH RESOURCES

Resources By People of Color

- [Black Women's Mental Health Institute](#)
- [Therapy for Black Girls](#)
- [Black Emotional Alliance and Mental Health Collective](#)
- [Therapy for Black Men](#)
- [Rip The Stigma](#)
- [Shame The Silence](#)
- [The Boris Henson Foundation](#)
- [Black Mental Wellness](#)
- [Pretty Brown Girls](#)
- [The Black Man Can](#)
- [Eustress](#)
- [Black Mental Health Matters](#)
- [Brown Girl Therapy](#)

Crisis Resources

- [988 Lifeline](#)
- [Crisis Text Line](#)

General Resources

- [Psychology Today](#)
- [Talkspace](#)
- [Better Help](#)
- [This Is My Brave](#)

MENTAL HEALTH RESOURCES

- [National Alliance on Mental Illness](#)
- [Depression Bipolar Support Alliance](#)
- [American Foundation for Suicide Prevention](#)
- [National Council on Mental Wellbeing](#)
- [Active Minds](#)
- [The Quell Foundation](#)
- [Project Semicolon](#)
- [Mental Health America](#)
- [Mental Health Association of Maryland](#)
- [Open Path Collective](#)
- [Mental Health Coalition](#)
- [Inclusive Therapists](#)
- [One Mind](#)
- [Vibrant Emotional Health](#)
- [Charlie Health](#)
- [Born This Way Foundation](#)

Guided Meditation Apps

- [Headspace](#)
- [Calm](#)

LGBT+ Resources

- [The Trevor Project](#)
- [The National Queer & Trans Therapist of Color Network](#)