

Division 22: Rehabilitation Psychology - African Diaspora Special Interest Group

Black Resource List

Black Hotlines

[BlackLine](#)

1-800-604-5841. BlackLine provides a space for peer support, counseling, witnessing and affirming the lived experiences to folks who are most impacted by systematic oppression with an LGBTQ+ Black Femme Lens. Call BlackLine® prioritizes BIPOC (Black, Indigenous and People of Color).

Black Mental Health Phone App

[The Safe Place](#)



"The Safe Place" Is a Minority Mental Health App geared towards the Black Community. African Americans are 20% more likely to experience serious mental health problems than the rest of the general population. However, many black people still do not wish to seek professional help for their mental illnesses. The Purpose of the "Safe Place" is to bring more awareness, education, and hope to this serious issue.

Find a Black Therapist

[ABPsi Black Wellness Professional and Subject Matter Experts](#)

The Association of Black Psychologists, Inc. (ABPsi) wants to assist you in finding psychological support or services. If you have searched for a Black mental health provider, or are looking for a Black expert or consultant, the over 1000 individuals in this directory might provide just the support you are looking for.

[Black Men Heal](#)

Black Men Heal is a 501c3 grassroots nonprofit organization that was established in 2018. It was created as a solution to a broken inequitable mental health care system that does not center the needs of marginalized black and brown communities. Our focus centers on the mental health needs of Black Men because of the lack of resources attending solely to this population. Our mission is to provide mental health treatment, education, and resources to Men of color. Our goals are to eliminate the barriers that contribute to health disparities and inequities

that exist for BIPOC communities to seek treatment, and to help increase the likelihood that Black men will self-initiate treatment for mental health struggles.

[Black Therapist List](#)

Mental health is often considered taboo in Black communities and there are many barriers to seeking support. Stats show that only 1 in every 3 Black adults who need mental health support actually receive it. Black Therapist List is designed to destigmatize mental health and help normalize therapy in the Black community.

[Free Black Therapy](#)

Free Black Therapy is a 501c3 Nonprofit Organization dedicated to providing remote mental health services with Black Mental Health professionals for Black and African American individuals. Absolutely FREE.

[InnoPsych](#)

Quickly find a therapist of color in our directory by using our easy filtering options. Find your ideal therapist of color and boost your wellness journey with content written by and for people of color.

[Melanin and Mental Health](#)

Melanin & Mental Health® was born out of a desire to connect individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities. We are committed to promoting the growth and healing of our communities through our website, online directory, and monthly events.

[National Queer & Trans Therapists of Color Network](#)

The National Queer and Trans Therapists of Color Network (NQTTCN) is a healing justice organization committed to transforming mental health for queer and trans people of color (QTPOC). We work at the intersection of movements for social justice and the field of mental health to integrate healing justice into both of these spaces. Our overall goal is to increase access to healing justice resources for QTPOC.

[Therapy for Black Girls](#)

Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls. Find trusted, culturally responsive therapists to provide support and help you navigate life.

[Sista Afya](#)

Sista Afya is a social enterprise that provides low-cost mental wellness care that center the experiences of Black women. We have a community support approach to mental wellness. We believe that community support for people living with mental health conditions can foster healing, growth, freedom, and self-actualization.

[Therapy for Black Men](#)

At [TherapyforBlackMen.org](#), we want to break the stigma that asking for help is a sign of weakness. With a rapidly growing directory of 383 therapists and 45 coaches throughout the fifty states thus far, we are here to provide judgment-free, multiculturally-competent care to Black men. You don't have to man up. Let's talk it through together.

Black Mental Health Advocacy Groups

[Black Therapists Rock](#)

Black Therapists Rock's goal is to organize black mental health professionals towards ACTION in decreasing the stigma and barriers to psychological and social well being among marginalized communities.

Education and Training in Black-centered psychology

[Black Mental Wellness](#)

The mission of Black Mental Wellness, Corp. is to provide access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective, to highlight and increase the diversity of mental health professionals, and to decrease the mental health stigma in the Black community.

[Black Mental Health Alliance](#)

To develop, promote and sponsor trusted culturally-relevant educational forums, training and referral services that support the health and well-being of Black people and their communities.

[Academics for Black Survival and Wellness](#)

Academics for Black Survival and Wellness (A4BL) is a personal and professional development initiative for Non-Black academics to honor the toll of racial trauma on Black people, resist anti-Blackness and white supremacy, and facilitate accountability and collective action. A4BL also is a space for healing and wellness for Black people.

Nonclinical Community Support

[Safe Black Space](#)

Safe Black Space is the umbrella under which various services are offered to address people of African ancestry's individual and community reactions to cultural and racial trauma. Currently, it has two main components: Safe Black Space Community Healing Circles and Emotional Emancipation Circles (EECsSM).

Black Medical Providers

[Black Mental Health Alliance Directory of Black Psychiatrists](#)

The Black Mental Health Alliance (BMHA), connects clinicians with potential patients through our referral database. Search for a Black psychiatrist near you.

[Black Eye Doctor Locator](#)

With nearly 60,000 eye care providers nationwide, less than 2% of practicing optometrists and ophthalmologists in the United States identify as Black or African American. Search by location and filter by specialty, the Black Eye Doctor Locator has over 100 Black optometrists (OD) and ophthalmologists (MD) and the database is growing daily.

Black Professional organizations

[Association of Black Psychologists](#)

The Association of Black Psychologists sees its mission and destiny as the liberation of the African Mind, empowerment of the African Character, and enlivenment and illumination of the African Spirit. The Association is organized to operate exclusively for charitable and educational purposes, including but not limited to: Promoting and advancing the profession of African Psychology, Influencing and affecting social change; and Developing programs whereby psychologists of African descent (hereafter known as Black Psychologists) can assist in solving problems of Black communities and other ethnic groups.

[Black Psychiatrists of America](#)

We are Black Psychiatrists of America, Inc. Our goal is to influence and change the field of psychiatry for the betterment of Black Americans and the diaspora.

[National Association of Black Social Workers](#)

The National Association of Black Social Workers, Inc., comprised of people of African ancestry, is committed to enhancing the quality of life and empowering people of African ancestry through advocacy, human services delivery, and research.

[Black Applied Behavior Analysts](#)

BABA's mission is to promote, educate, empower, and disseminate Applied Behavior Analysis (ABA) within the black community. Our goal is to increase the number of successful black behavior analysts, both domestically and internationally, by adding value to their development, leadership, and endeavors throughout their careers. Thereby adding strength to black organizations, companies, and communities.

[Black in Neuro](#)

Black In Neuro is a 501(c)(3) non-profit organization established in April 2021. Our mission is to diversify the neurosciences by building a community that celebrates and empowers Black scholars and professionals in neuroscience-related fields.

[Society for Black Neuropsychology](#)

Society for Black Neuropsychology (SBN) is an organization of neuropsychologists, trainees, and students interested in promoting the discipline and practice of neuropsychology as it pertains to Black populations. We are devoted to furthering the awareness and knowledge of competent practices, research, and advocacy that benefit Black individuals and communities. SBN was established in the spirit of cross-cultural mutuality and welcomes support and membership from individuals of all backgrounds.

[Black Emotional and Mental Health Collective \(BEAM\)](#)

BEAM is a national training, movement building, and grant making institution that is dedicated to the healing, wellness, and liberation of Black and marginalized communities. Our mission is to remove the barriers that Black people experience getting access to or staying connected with emotional health care and healing through education, training, advocacy, and the creative arts.

[The Society for Black Brain and Behavioral Scientists](#)

The Society for Black Brain and Behavioral Scientists is a non-profit, 501(c) (3) organization. Our goal is to increase diversity in the brain and behavioral sciences by creating awareness and knowledge of these fields within the Black community and providing access to programs, resources, knowledge, career advice, funding, and networking to Black scientists in these fields.

Black Scholarly Journals

[Journal of Black Psychology](#)

Journal of Black Psychology (JBP) presents the most innovative peer-reviewed, empirical, theoretical, and methodological research on the behavior and experiences of Black and other populations from Black or Afrocentric perspectives. The journal offers complete and balanced coverage of the latest advances through original articles and special features such as Research Briefs, Essays, Commentary, and Media Reviews.

[The Black Scholar](#)

THE BLACK SCHOLAR (TBS) is the first journal of Black studies and research. TBS is the first modern Black studies and research journal and is currently the leading such journal in the United States. Founded on the premise that Black writers, scholars, activists and artists could participate in dialogue within its pages, TBS's primary mission has been to chronicle, analyze, and debate the conditions and the emancipatory efforts of Black people, across class, nationality, gender, generation, sexuality, and ideology.

[Journal of Negro Education](#)

The Journal of Negro Education (JNE), a refereed scholarly periodical, was founded at Howard University in 1932 to fill the need for a scholarly journal that would identify and define the problems that characterized the education of Black people in the United States and elsewhere, provide a forum for analysis and solutions, and serve as a vehicle for sharing statistics and research on a national basis. JNE sustains a commitment to a threefold mission: first, to stimulate the collection and facilitate the dissemination of facts about the education of Black people; second, to present discussions involving critical appraisals of the proposals and practices relating to the education of Black people; and third, to stimulate and sponsor investigations of issues incident to the education of Black people.

[Journal of African American History](#)

The Journal of African American History (JAAH) is the leading scholarly publication in the field of African American history. Published by the University of Chicago Press on behalf of the Association for the Study of African American Life and History (ASALH), JAAH publishes original scholarly articles and book reviews on all aspects of the African American experience. JAAH embraces ASALH's mission of promoting, researching, preserving, interpreting, and disseminating "information about Black life, history, and culture to the global community."

[African American Review](#)

African American Review is a scholarly aggregation of insightful essays on African American literature, theater, film, the visual arts, and culture; interviews; poetry; fiction; and book reviews. Published quarterly, AAR has featured renowned writers and cultural critics including Trudier Harris, Arnold Rampersad, Hortense Spillers, Amiri Baraka, Cyrus Cassells, Rita Dove, Charles Johnson, Cheryl Wall, and Toni Morrison. The official publication of the Modern Language Association, AAR fosters a vigorous conversation among writers and scholars in the arts, humanities, and social sciences.

[Journal of Africana Religions](#)

The Journal of Africana Religions publishes critical scholarship on Africana religions, including the religious traditions of African and African Diasporic peoples as well as religious traditions influenced by the diverse cultural heritage of Africa. An interdisciplinary journal encompassing history, anthropology, Africana studies, gender studies, ethnic studies, religious studies, and other allied disciplines, the Journal of Africana Religions embraces a variety of humanistic and social scientific methodologies in understanding the social, political, and cultural meanings and functions of Africana religions.

[Journal of Black Studies](#)

Journal of Black Studies (JBS), peer-reviewed and published bi-monthly, for the last half of a century has been the leading source for dynamic, innovative, and creative research on the Black experience. Poised to remain at the forefront of the recent explosive growth in quality scholarship in the field of Black studies, JBS offers important and intellectually provocative articles exploring key issues facing African Americans.

[Cultural Diversity & Ethnic Minority Psychology](#)

Cultural Diversity & Ethnic Minority Psychology® seeks to advance the psychological science of culture, ethnicity, and race through the publication of empirical research, as well as theoretical,

conceptual, and integrative review articles that will stimulate further empirical research, on basic and applied psychological issues relevant to racial and ethnic groups that have been historically subordinated, underrepresented, or underserved.

Fact Sheets on Black Mental Health

[Anxiety & Depression Association of America](#)

Addresses concerns of choosing a provider, and overcoming unique obstacles between racism, stress, and anxiety for Black and African American Communities

[Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)

Behavioral and health equity resources on African American and Black populations including national survey reports, agency and federal initiatives, and related behavioral health resources.

[Mental Health of America](#)

Mental Health fact sheet about Black and African American Communities, including the prevalence of, attitudes about, and treatment for mental health issues with information specific to bipolar disorder and clinical depression.

ToolKits

[Brother You're on My Mind Toolkit](#)

Toolkit by the National Institute on Minority Health and Health Disparities, Omega Psi Phi Fraternity chapters and partners to educate fellow fraternity brothers and community members on depression and stress in African American men. Use the toolkit to plan and execute community education events and build strategic community partnerships to advance initiative goals. More information [here](#).

Mental Health Books by Black Authors

We recommend purchasing books from a Black Owned Bookstore. [The African American Literature Book Club](#) has a search feature, where you can locate a Black Owned Bookstore in your state. This list is maintained to highlight Black-owned (mostly*) brick and mortar stores that focus on Black books.

The Unapologetic Guide to Black Mental Health: Navigate an Unequal System, Learn Tools for Emotional Wellness, and Get the Help you Deserve (Rheeda Walker PhD)

In *The Unapologetic Guide to Black Mental Health*, psychologist and African American mental health expert Rheeda Walker offers important information on the mental health crisis in the Black community, how to combat stigma, spot potential mental illness, how to practice emotional wellness, and how to get the best care possible in a system steeped in racial bias.

Post Traumatic Slave Syndrome (Joy Angela DeGruy, PhD)

Post Traumatic Slave Syndrome aims to explain the trauma passed down from generation to generation as a result of chattel slavery and systemic racism. While you may already know the trajectory of slavery in America, Dr. DeGruy's book makes a case for the psychological and emotional wounds that the institution has inflicted and continues to inflict on Black people.

The State of Black Girls: A Go-To Guide for Creating Safe Space for Black Girls (Marline Francois-Madden, L.C.S.W.)

Often we use the term "Black girl" to describe Black women of all ages, but *The State of Black Girls* is a resource for young Black women who are coming of age and navigating the challenges and disappointments of life. It's a great guide for Black girls—filled with affirmations, strategies, and tips—as well as those who work with and support Black girls every day.

Podcasts

[Black Mental Health Matters Podcast](#)

Black Mental Matters addresses the mental health disparities in the Black community by providing advocacy and awareness through programming and resources. *Black Mental Matters* provides a "Voice" to groups and individuals within the Black community in need of mental health resources who are underserved and under-represented. They offer weekly conversations that address mental health disparities in the Black community to break the stigma.

[Black Therapist Podcast](#)

Black Therapist Podcast formerly *Black In Therapy Is a New Podcast* where we discuss the unique issues facing people of color.

[Fireflies Unite with Kea Podcast](#)

Fireflies Unite Podcast With Kea was a weekly podcast from 2018 to 2021 created by suicide survivor T-Kea Blackman. While the podcast has ended, T-Kea leaves the episodes live with hopes that it will continue to erase the mental health stigma and provide resources. The mission of the podcast is to bring light into darkness (just like the fireflies) and encourage Black people to seek treatment. We want to show that mental illness does not have "a look"; it includes everyday high-functioning people. The podcast is also designed for people to see how everyday decisions impact their mental health and overall wellness such as finances, relationships, and nutrition.

[Minding My Black Business Podcast](#)

Podcast series for Black Entrepreneurs. As a Black Entrepreneur, have you found yourself facing a unique set of hurdles other races don't and other Black non-business owners don't understand. If so, you are not alone.

[Therapy for Black Girls Podcast](#)

The Therapy for Black Girls Podcast is a weekly chat about all things mental health, personal development, and all the small decisions we can make to become the best possible versions of ourselves.

[Wellness in Color Podcast](#)

National Alliance on Mental Illness (NAMI) Minnesota, developed this podcast series to increase positive reflections on wellness through discussions on why community members do not seek help for themselves or their loved one living with a mental illness. The podcast features mental health narratives of people from cultural communities to reshape the cultural language of mental illness.

Black Disabled Influencers

@Imani_Barbarin

Imani Barbarin writes from the perspective of a Black woman with Cerebral Palsy. She is a disabled writer and traveler. Her website is <https://crutchesandspice.com/>

@itsLOLOlove

Lauren "LoLo" Spencer is a Black, disabled, model, actress, and disability advocate. She founded Sitting Pretty, which is a lifestyle brand dedicated to showcasing disability lifestyle authentically. Her website is <https://www.lolospencer.com/> You can find her on all social media platforms.

@BlackDisability

@blackdisabilitycollective

Black Disability Collective is an online platform dedicated to uplifting and honoring the narratives of Black Disabled lives.

@Olas_Truth

Ola Ojewumi is a Black disabled woman and disability rights activist. She believes disabled people deserve all the freedoms afforded to the able-bodied. Her website is <https://olaojewumi.com/>

YouTube Channels

[Sitting Pretty Lolo](#)

[NAMI Sharing Hope Series](#)

Sharing Hope is a three-part video series that explores the journey of mental wellness in Black communities through dialogue, storytelling and a guided discussion. Topics include stigma, possibilities of recovery, types of support services and signs of bipolar disorder, schizophrenia and depression.

Websites for Allies

[106 Things White People Can Do for Racial Justice](#)

List of action items for White and non-Black allies to take action against racial injustice. Written by White people for White people.

[List of Charities that help Black Disabled People](#)

This list was compiled with the help of disability writer Sara Luterman, the Black Disability Collective, and autism advocate Jen White-Johnson which feature organizations that are currently helping Black people with disabilities, including those risking their lives to protest.