

Racial Justice, Diversity Education & Mental Health Resources

Advocacy Organizations

The Office of the High Commissioner for Human Rights (OHCHR)

The OHCHR is the leading UN entity on advancing and protecting human rights. This office has written extensively on the topic of racial discrimination. Their piece on combating racial discrimination can be accessed [here](#).

S.T.A.R.T. (Study, Think, Act, Respond Together)

S.T.A.R.T. operates as a social analysis group that asks basic questions about the workings of our society and choose effective ways to bring about positive change: Study, Think, Act, Respond Together. They have curated a wealth of educational guides on sociology, power structures, and diversity. This [link](#) will bring you to their section on the various United States' civil rights groups and the role they play in government, law, and politics.

National Communication Association

This national organization works to advance the field of communications as a discipline and to ensure ethics in media. One of their many informational pieces discusses racial discrimination and how to help those in need. This article can be accessed [here](#).

NAACP (National Association for the Advancement of Colored People)

The mission of the National Association for the Advancement of Colored People is to ensure political, educational, social, and economic equality and to eliminate race-based discrimination. This organization currently has several active campaigns including: the disproportionate death rate of black people diagnosed with COVID-19, Justice for George Floyd, and economic inequality among black Americans. To sign their petitions, learn about their causes, or donate, please visit their [website](#).

Equal Justice Initiative

EJI is a private nonprofit organization that provides legal representation to people who have been illegally convicted, unfairly sentenced, or abused in state jails and prisons. To learn more about their work and how you can help, please visit their [website](#).

Race Forward

Race Forward Research conducts broadly accessible research on racial justice issues throughout our country. Their website offers tools to address racial diversity in workforce development, commercial businesses, schools, and a variety of other settings. To learn more, please visit their [website](#).

Black Mental Health Resources

Organizations & Foundations

Black Emotional and Mental Health Collective (BEAM)

Group aimed at removing the barriers that Black people experience getting access to or staying connected with emotional health care and healing. They do this through education, training, advocacy and the creative arts. [Black Emotional and Mental Health Collective \(BEAM\)](#)

Black Men Heal

Limited and selective free mental health service opportunities for Black men. [Black Men Heal](#)

Black Mental Health Alliance

Provides information and resources and a “Find a Therapist” locator to connect with a culturally competent mental health professional. [Black Mental Health Alliance](#)

Black Mental Wellness

Provides access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective, as well as training opportunities for students and professionals. [Black Mental Wellness](#)

Black Women's Health Imperative

Organization advancing health equity and social justice for Black women through policy, advocacy, education, research, and leadership development. [Black Women's Health Imperative](#)

Boris Lawrence Henson Foundation

BLHF has launched the COVID-19 Free Virtual Therapy Support Campaign to raise money for mental health services provided by licensed clinicians in our network. Individuals with life-changing stressors and anxiety related to the coronavirus will have the cost for up to five (5) individual sessions defrayed on a first come, first serve basis until all funds are committed or exhausted. [Boris Lawrence Henson Foundation](#)

Brother You're on My Mind

An initiative launched by Omega Psi Phi Fraternity, Inc. and NIMHD to raise awareness of the mental health challenges associated with depression and stress that affect Black men and families. Their website offers an [online toolkit](#) that provides Omega Psi Phi Fraternity chapters with the materials needed to educate fellow fraternity brothers and community members on depression and stress in Black men. [Brother You're on My Mind](#)

Ebony's Mental Health Resources by State

List of Black-owned and focused mental health resources by state as compiled by Ebony magazine. [Ebony's Mental Health Resources by State](#)

Henry Health

Provides culturally sensitive self-care support and teletherapy for Black men and their families. Currently in pilot program available only to residents of MD, VA, and DC. Residents of other states can join their waiting list and will be notified when Henry Health is available in their state. [Henry Health](#)

Melanin and Mental Health

Connects individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities. Promotes the growth and healing of diverse communities through its website, online directory, and events. [Melanin and Mental Health](#)

Ourselves Black

Provides information on promoting mental health and developing positive coping mechanisms through a podcast, online magazine and online discussion groups.

[Ourselves Black](#)

Sista Afya

Organization that provides mental wellness education, resource connection and community support for Black women. [Sista Afya](#)

Therapy for Black Girls

Online space dedicated to encouraging the mental wellness of Black women and girls. Offers listing of mental health professionals across the country who provide high quality, culturally competent services to Black women and girls, an informational podcast and an online support community. [Therapy for Black Girls](#)

The SIWE Project

Non-profit dedicated to promoting mental health awareness throughout the global Black community. [The SIWE Project](#)

The Steve Fund

Organization focused on supporting the mental health and emotional well-being of young people of color. [The Steve Fund](#)

Unapologetically Us

Online community for Black women to seek support. [Unapologetically Us](#)

This guide provides referrals to resources. It does not endorse or recommend the resource providers. While every effort is made to maintain current provider information, information may change without notice.

Resources For Living

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