Parenting While Black 2022: Webinar Resources (April 4, 2022)

Episode 3: Black Mental Health Matters: Being Black in White Spaces

Finding a Therapist

- **Substance Abuse and Mental Health Services Administration National Helpline** – 1-800-662-HELP (4357)
- **Anchored in Wellness Chicago, LLC** (Founder: Antonio Wheeler, LCSW, CADC)
- **Well Minds Psychiatry & Counseling** [https://www.wellmindsconsulting.com/about.php](https://www.wellmindsconsulting.com/about.php)
- **Ashé Counseling & Coaching** [https://www.ashecc.com/kimyabarden](https://www.ashecc.com/kimyabarden)
- **The Association of Black Psychologists** [https://abpsi.org](https://abpsi.org)
- **Therapy for Black Men** [https://therapyforblackmen.org/](https://therapyforblackmen.org/)
- **Therapy for Black Girls** [https://therapyforblackgirls.com/](https://therapyforblackgirls.com/)
- **InnoPsych: Find a Therapist of Color** [https://www.innopsych.com](https://www.innopsych.com)
- **It’s Hard to Search for a Therapist of Color. These Websites Want to Change That** by Christina Caron (2022) [https://www.nytimes.com/2021/07/16/well/mind/find-black-latinx-asian-therapist.html?unlocked_article_code=AAAAAAAAAAAAAACEIPuomT1JKd6J17Vvw1cRCfTTMQMgxCd8_Plxftm3iWna3DKDm8ciPsYB4zH_kbLaetZt0.mj6fTdTbbsmWP103ppWJE1kTUb0opaekYWEOOZ62W1--aPxao0C0G2gaHilegA4zaeqvhmCPX_rDaTa1ncLBJm9Zc2aV2u2nQXz6_HGvpy29h0261wB5EuRTOQdWld6amTfhZ1092AaBve4xBnGL0KHGGOqwPPr4UYw5QClnZTXlg429a69lUPdofOayXPAd3MYO1wUIXUj0OWd_vU54hRHUIKFoTkRoXGMywuxxYwFzE4rXH4_S8TAM8zkDq7oE2uk&smid=em-share](https://www.nytimes.com/2021/07/16/well/mind/find-black-latinx-asian-therapist.html?unlocked_article_code=AAAAAAAAAAAAAACEIPuomT1JKd6J17Vvw1cRCfTTMQMgxCd8_Plxftm3iWna3DKDm8ciPsYB4zH_kbLaetZt0.mj6fTdTbbsmWP103ppWJE1kTUb0opaekYWEOOZ62W1--aPxao0C0G2gaHilegA4zaeqvhmCPX_rDaTa1ncLBJm9Zc2aV2u2nQXz6_HGvpy29h0261wB5EuRTOQdWld6amTfhZ1092AaBve4xBnGL0KHGGOqwPPr4UYw5QClnZTXlg429a69lUPdofOayXPAd3MYO1wUIXUj0OWd_vU54hRHUIKFoTkRoXGMywuxxYwFzE4rXH4_S8TAM8zkDq7oE2uk&smid=em-share)

Articles

- **How Adults Can Support the Mental Health of Black Children** by Maryam Abdullah (2020) [https://greatergood.berkeley.edu/article/item/how_adults_can_support_mental_health_black_children](https://greatergood.berkeley.edu/article/item/how_adults_can_support_mental_health_black_children)
- **Black Pioneers in Mental Health** by Mental Health America (2022) [https://www.mhanational.org/black-pioneers-mental-health](https://www.mhanational.org/black-pioneers-mental-health)
• **Black Motherhood in 2020** by Dr. Kimya Barden [https://mommuseum.org/2020/12/12/black-motherhood-in-2020/](https://mommuseum.org/2020/12/12/black-motherhood-in-2020/)
• **Depression In Black Americans** by Mental Health America [https://www.mhanational.org/depression-black-americans](https://www.mhanational.org/depression-black-americans)

### Books

• **12 Books on Behavioral Health Written by Black People** – Black Mental Health Alliance [https://blackmentalhealth.com/12-books-on-behavioral-health-written-by-black-people/](https://blackmentalhealth.com/12-books-on-behavioral-health-written-by-black-people/)
• **Black Pain: It Just Looks Like We’re Not Hurting** by Terrie Williams
• **The Color of Hope: People of Color Mental Health Narratives** by Iresha Picot
• **Invisible Man, Got the Whole World Watching: A Young Black Man’s Education** by Mychal Denzel Smith
• **The Formula: Unlocking the Secrets to Raising Highly Successful Children** by Ronald F. Ferguson & Tasha Robertson
• **Black in White Space** by Elijah Anderson
• **The Warrior Method: A Parents’ Guide to Rearing Healthy Black Boys** by Raymond A. Winbush
• **Pushout: The Criminalization of Black Girls in Schools** by Monique W. Morris

### Guides/Toolkits

• **Black Emotional and Mental Health Collective: Tool Kits & Resources** [https://www.beam.community/tool-kits-education](https://www.beam.community/tool-kits-education)
• **Mindfulness Resources for People of Color** [https://www.detroitk12.org/cms/lib/MI50000060/Centricity/Domain/41/Mindfulness%20Resources%20for%20People%20of%20Color.pdf](https://www.detroitk12.org/cms/lib/MI50000060/Centricity/Domain/41/Mindfulness%20Resources%20for%20People%20of%20Color.pdf)
• **Dr. Nicole’s Grounding/Stress Management Skills** [https://wellmindsconsulting.com/pdfs/DrNicoleCB_GroundingTechniques.pdf](https://wellmindsconsulting.com/pdfs/DrNicoleCB_GroundingTechniques.pdf)
• **Ebony: A Growing List of Black Mental Health Resources** [https://www.ebony.com/life/black-mental-health-resources/](https://www.ebony.com/life/black-mental-health-resources/)
Organizations

- Black Girls Smile [https://www.blackgirls Smile.org/](https://www.blackgirls Smile.org/)
- Black Women’s Health Initiative [https://bwhi.org/our-story/](https://bwhi.org/our-story/)
- The Steve Fund [https://www.stevefund.org/](https://www.stevefund.org/)
- The Boris L. Henson Foundation [https://borislhensonfoundation.org/](https://borislhensonfoundation.org/)
- The Speaker Shop [https://gospeakershop.com/about](https://gospeakershop.com/about)

Videos

- I’m Good Bro: Unmasking Black Male Depression [https://www.youtube.com/watch?v=w_iCaM84H Ug](https://www.youtube.com/watch?v=w_iCaM84H Ug)
- “The Talk” Scene from Grey’s Anatomy: Season 14 Episode 10 [https://youtu.be/McDeTvh9sbU](https://youtu.be/McDeTvh9sbU)

Blogs

- Ourselves Black [https://ourselvesblack.com/journal](https://ourselvesblack.com/journal)

Self-Care Apps

- Elevate
- The Safe Place
- Headspace
- Liberate Meditation App

Resources for Children

Racially Affirming Children’s Books

- Black Boy Joy: 17 Stories Celebrating Black Boyhood by Kwame Mbalia
- I can do it too! by Karen Baicker
- I Am Every Good Thing by Derrick D. Barnes
- Our Skin: A First Conversation About Race by Megan Madison
- BlackBabyBooks.com [https://blackbabybooks.com](https://blackbabybooks.com)

Affirmations

- Charm Words Podcast [https://www.abfc.co/shows/charm-words-affirmations-for-kids/](https://www.abfc.co/shows/charm-words-affirmations-for-kids/)
• Lovely Affirmation Cards https://lessourires.bigcartel.com/product/lovely-affirmation-cards
• Gracie’s Corner: I Love My Hair https://www.youtube.com/watch?v=AXrLePgwo4c

Color and Colorism
• All the Colors we Are: The Story of How We Get Our Skin Color by Katie Kissinger https://socialjusticebooks.org/all-the-colors-we-are-story-skin-color/
• Different & Differenter: An Activity Book About Skin Color by Jyoti Gupti https://www.jyotigupta.com/different-differenter