



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>
- **Ashé Counseling & Coaching** <https://www.ashecc.com/kimyabarden>
- **The Association of Black Psychologists** <https://abpsi.org>
- **Therapy for Black Men** <https://therapyforblackmen.org/>
- **Therapy for Black Girls** <https://therapyforblackgirls.com/>
- **InnoPsych: Find a Therapist of Color** <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=AAAAAAAAAAAAAAAAACEIPuomT1JKd6J17Vw1cRCfTTMQmqxCdwPlxftm3iWna3DKDm8ciPsYB4zHkbLae1tZt0mj6fTdRCdbsmWP103qpWJE1kTUy0opaekYwEODlzqZ62Wil--aPxaa0C0G2gaHileqA4zaejvhmCPXrDaTa1nclLBjM9Zc2aV2u2nQXz6HGvpy29h0261wB5EuRToQdWld6amTfhZ1O92AaBve4xBnGL0KHGGOwqPPru4IYw5QClNZXlg429a69IUPdofOayXPAd3MYOlwu1XUjo0Wd_vU54hRIHUIKFotKrNoXGMysmwvYwFsZErXH4_S8TAM8zkhdQu7oE2uk&smid=em-share

Articles

- **Supporting Resilience in Black Families: Advancing Racial Equity in Early Childhood Mental Health Policy** by Lee Johnson III (2021). <https://drleejohnsoniii.medium.com/supporting-resilience-in-black-families-advancing-racial-equity-in-early-childhood-mental-health-da6b06526623>
- **PTSD in Women: Symptoms, Causes, & Treatments** by Ajara Ledford (2022) <https://www.choosingtherapy.com/ptsd-symptoms-in-women/>
- **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
- **Black Pioneers in Mental Health** by Mental Health America (2022) <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/>
- **Ring the Alarm. The Crisis of Black Youth Suicide in America** by Action Alliance (2020) <https://theactionalliance.org/resource/ring-alarm-crisis-black-youth-suicide-america>
- **Depression In Black Americans** by Mental Health America <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/>
- **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>
- **Black Mental Wellness: Coping and Wellness Resources** <https://www.blackmentalwellness.com/copy-of-apps-podcasts-and-videos>
- **Mindfulness Resources for People of Color** <https://www.detroitk12.org/cms/lib/MI50000060/Centricity/Domain/41/Mindfulness%20Resource%20for%20People%20of%20Color.pdf>
- **Dr. Nicole's Grounding/Stress Management Skills** https://wellmindsconsulting.com/pdfs/DrNicoleCB_GroundingTechniques.pdf
- **NAMI African American Outreach Resource Manual** <https://www.naminys.org/images/uploads/pdfs/African%20American%20Community%20Mental%20Health%20Fact%20Sheet.pdf>
- **Black Lives Matter Meditations** <https://www.drcandicenicole.com/post/2016-07-black-lives-matter-meditation>
- **Ebony: A Growing List of Black Mental Health Resources** <https://www.ebony.com/life/black-mental-health-resources/>



Organizations

- **Black Girls Smile** <https://www.blackgirlssmile.org/>
- **Black Women’s Health Initiative** <https://bwhi.org/our-story/>
- **The Steve Fund** <https://www.stevelfund.org/>
- **The Boris L. Henson Foundation** <https://borislhensonfoundation.org/>
- **The Speaker Shop** <https://gospeakershop.com/about>

Videos

- **I’m Good Bro: Unmasking Black Male Depression**
https://www.youtube.com/watch?v=w_iCaM84HUg
- **Black Mental Health Matters – TedX Talk Phillip J. Roundtree**
https://www.ted.com/talks/phillip_j_roundtree_black_mental_health_matters
- **“The Talk” Scene from Grey’s Anatomy: Season 14 Episode 10** <https://youtu.be/McDeTvh9sbU>

Blogs

- **Protests, Racism and Our Children: Helping Kids Cope** <https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/protests-racism-and-our-children-helping-kids>
- **Ourselves Black** <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>

Affirmations

- **Charm Words Podcast** <https://www.abfc.co/shows/charm-words-affirmations-for-kids/>



**Brazelton
Touchpoints
Center**

- **Lovely Affirmation Cards** <https://lessouires.bigcartel.com/product/lovely-affirmation-cards>
- **Gracie's Corner: I Love My Hair** <https://www.youtube.com/watch?v=AXrLePgW04c>

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>