

### BLACK/AFRICAN AMERICAN RESOURCES

- AAKOMA Project: <https://aakomaproject.org/>
- Black Emotional Mental Health (BEAM): <https://beam.community/>
- Black Men Heal: <https://blackmenheal.org/>
- Black Women's Health Imperative: <https://bwhi.org/>
- Eustress: <https://www.eustressinc.org/>
- GirlTrek: <https://www.girltrek.org/>
- MHA: Reimagining Self-Care for Black Folks: <https://www.mhanational.org/blog/reimagining-selfcare-black-folks>
- National Black Justice Coalition: <https://nbjc.org/>
- Ourselves Black: <https://ourselvesblack.com/>
- Sista Afya: <https://www.sistaafya.com/>
- The Black Mental Wellness Lounge:  
<https://www.facebook.com/TheBlackMentalWellnessLounge/>
- The Boris Lawrence Henson Foundation: <https://borishensonfoundation.org/>
- The Confess Project: <https://www.theconfessproject.com/>
- The Loveland Foundation: <https://thelovelandfoundation.org/>
- Therapy for Black Girls: <https://therapyforblackgirls.com/>
- Therapy for Black Men: <https://therapyforblackmen.org/>
- Tips for Self-Care for Black Families:  
<https://www.onoursleeves.org/mentalhealthresources/minority-mental-health/self-care-for-black-families>

Reference: <https://mhanational.org/>