

# Black Mental Health Resources

[www.beam.community](http://www.beam.community)

## Black Emotional & Mental Health (BEAM)

A national institution dedicated to the healing, wellness, and liberation of Black and marginalized communities.

[therapyforblackgirls.com](http://therapyforblackgirls.com)

## Therapy for Black Girls

Directory of therapists recommended & vetted by Black women across the country

[therapyforblackmen.org](http://therapyforblackmen.org)

## Therapy for Black Men

Directory of therapists and coaches across the country that provide judgment-free, multiculturally-competent care to Black men

[callblackline.com](http://callblackline.com)

## BlackLine- 1 (800) 604-5841

- 24/7 Text & Call Hotline

A space for support, counseling, witnessing & affirming the lived experiences of folxs impacted by systematic oppression with an LGBTQ+ Black Femme Lens

[liberatemeditation.com](http://liberatemeditation.com)

## Liberate

A meditation app designed, led and made for Black folks to support a path to healing by naming & offering resources for common cultural experiences, like internalized racism and micro-aggressions