



Roots Behavioral Health Resources #RealTalk Campaign

Websites

- BEAM (Black Emotional and Mental Health Collective) <https://beam.community/>
 - Provides wellness tools that are dedicated to the healing, wellness, and liberation of Black and marginalized communities.
- Therapy for Black Men (<https://therapyforblackmen.org/>)
 - They are helping to break the stigma that asking for help is a sign of weakness. They have a growing directory of 380 [therapists](#) and 44 [coaches](#) throughout the fifty states thus far, we are here to provide judgment-free, multiculturally-competent care to Black men. **"You don't have to man up. Let's talk it through together."**

Podcast

- Podcast - Therapy For Black Girls (<https://therapyforblackgirls.com/>)
 - Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls. The host, Dr. Joy Harden Bradford is a licensed psychologist, and the topics covered on the podcast are relatable, relevant, and informative.

Apps

- The Liberate Meditation App
 - Meditation and mindfulness practices by and for POC
 - <https://apps.apple.com/us/app/liberate-black-meditation-app/id1451620569>
- Blackfullness App
 - <https://www.blackfullness.com/>



Videos

- Dr. Joy DeGruy - “Healing Circles”
 - Youtube Video: [Joy Degruy- Be The Healing](#)
 - Dr. DeGruy’s research focuses on the intersection of racism, trauma, violence and American chattel slavery. Here she shares what it feels for black African Americans to negotiate the multiple challenges of living in a racist society, including internalized racism, learned helplessness, and structural dehumanization. Dr DeGruy highlights key elements that can move society towards healing, at both personal and collective levels. She offers pathways that individuals, organizations, and governments can embark on to repair, rebuild and restructure our common space by accepting and appreciating our shared humanness. How we can all BE the Healing.
 - Roots "Hey Sis Let's Chat" videos
 - Hey Sis, Let's Chat Self Care
 - <https://www.youtube.com/watch?v=q1jt3a7uc8k>
 - Hey Sis, Let's Chat Stress Management
 - https://www.youtube.com/watch?v=LP_Fe5uflcY
 - <https://www.youtube.com/watch?v=ud5S1RsJ0xs>

Community Resources

Young Women's Freedom Center - <https://youngwomenfree.org/>

Literature/ Books

- **"The Unapologetic Guide to Black Mental Health"** by Rheeda Walker, PHD
 - An unapologetic exploration of the Black mental health crisis—and a comprehensive road map to getting the care you deserve in an unequal system.
 - <https://www.rheedawalkerphd.com/book>



“The Body Keeps the Score: Brain, Mind, and Body in the Healing” by Bessel van der Kolk, MD

- I recommend this book due to the power of knowledge one learns about how trauma reshapes both the body, and the brain. Dr. Kolk uses scientific research to show these findings as well as treatments that have been shown to be effective in healing from traumatic experiences.
- https://www.amazon.com/Bessel-van-der-Kolk-M-D/e/B0B8RQ2M8T/ref=dp_byline_cont_pop_book_1

Healing Tools

- **Courageous Healing Collective**
 - Website - chcfam.com
 - The website of James Harrison, LCSW. Mr. Harrison has some interactive tools that can be purchased and used by clinicians and lay people.

Homeless

- **East Oakland Community Project (EOCP)** - <https://www.eocp.net/>
 - provides homeless individuals, families, seniors, veterans, formerly incarcerated individuals, transgender, and people with Aids with emergency, transitional, and permanent housing. Below are two of the programs that they have.
- **The Matilda Cleveland program**
 - A short- term place to stay for families. The program provides enriched play/academic activities, school placement, childcare, employment, continued education assistance, and life skills training.
 - <https://www.findhelp.org/east-oakland-community-project-%28eocp%29--oakland-ca--matilda-cleveland-transitional-family-housing/4708424795291648?postal=94577>
- **Our House**
 - A 10- bedroom program for ages 18-25. The program provides life skills training, financial management, mental health counseling, and support for job training.
 - [https://www.findhelp.org/east-oakland-community-project-\(eocp\)--oakland-ca--our-house--young-adult-housing/4798232695668736?postal=94536](https://www.findhelp.org/east-oakland-community-project-(eocp)--oakland-ca--our-house--young-adult-housing/4798232695668736?postal=94536)

Youth Crisis Lines:



- Youth: 24 hour crisis line 1-800-309-2131
- Youth text line Text the keyword SAFE to 20121 | 4p-11p DAILY

Sexual Assault / Domestic Violence 24 Hour Crisis Line

- BAWAR (Bay Area Women Against Rape) -- 510-800-4247

Articles

Data regarding mental health among African Ancestry in U.S.

<https://www.mhanational.org/issues/black-and-african-american-communities-and-mental-health>

Description of barriers to care and other resources

<https://nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Black-African-American>

COVID-19 and mental health disparities

<https://www.samhsa.gov/behavioral-health-equity/black-african-american>

<https://www.samhsa.gov/sites/default/files/covid19-behavioral-health-disparities-black-latino-communities.pdf>

Understanding mental health stigma in the AA community

<https://adaa.org/find-help/by-demographics/black-african-american-communities>

Minority Health

<https://minorityhealth.hhs.gov/omh/browse.aspx?lvl=4&lvlid=24>

Black Mental Health Matters

<https://ct.counseling.org/2020/07/black-mental-health-matters/>