

Black Mental Health Resources

Active Minds at UAB

Racial Trauma & Justice Toolkit

https://docs.google.com/spreadsheets/d/1QHAeeQAK7DnpSzRCjuPqqWN2qFdG5_gCnAWXWXqNfQ/edit#gid=0

UAB Student Counseling Services

<https://www.uab.edu/students/counseling/>

NAMI: African American Mental Health

<https://www.nami.org/Support-Education/Diverse-Communities/African-American-Mental-Health>

Crisis Center Birmingham

<https://crisiscenterbham.org/>

24 hour emergency hotline: (205)323-7777

Self-Care/;

<https://www.upworthy.com/101-self-care-suggestions-for-when-it-all-feels-like-too-much>

Coping with Anxiety

<https://www.healthline.com/health/mental-health/how-to-cope-with-anxiety#long-term-strategies>

Instagram pages to visit for more resources

For Black women:

- @blackmentalwellness
- @diveinwell
- @ethelsclub
- @inclusivetherapists
- @sistaafya
- @thenapministry
- @therapyforblackgirls

For Black men:

- @black.man.now
- @blackmalementalhealth
- @blackmenheal
- @healingwhileblack
- @melaninandmentalhealth
- @theblack_therapist
- @therapyforblackmen