

To our SIP family,

We would like to reach out and let our members know we are here for you in this turbulent and volatile time. We would like to also specifically reach out to our Black peers/colleagues/brothers/sisters and to RFU's SNMA Chapter to let you know: ***we hear you, we stand with you, and we will try to do better.*** It is especially important to keep our mental health in check during these times of crisis, and understand and empathize that everyone may be processing things differently.

There are many ways to help in the movement, including donating, protesting, and educating oneself on the racial disparities our country faces; and there are countless lists out there detailing all of those important aspects. But we thought it might be important to put together a list of resources aimed at virtual mental health and specifically Black Mental Health.

- [Therapy For Black Girls](#)- founded by Dr. Joy Harden Bradford, they produce a weekly podcast and find therapists in your area
- [Therapy For Black Men](#)- local and national support as well as a directory for therapists in your area
- [LGBTQ Psychotherapists of Color](#)- directory of LGBTQ+ therapists of color
- [Sista Afya](#)- Host online Support groups, and therapy sessions
- [The Safe Place App](#)- Minority Mental Health App geared towards the Black Community
- [Ethel's Club](#)-Virtual group healing and grieving sessions, as well as live-streamed sessions, online chat-network, and wellness and workout sessions
- [Black Men Heal](#)- Limited and selective free mental health services.
- [Boris Henson Foundation](#) - BLHF has launched the COVID-19 Free Virtual Therapy Support Campaign- Individuals with life-changing stressors and anxiety related to the coronavirus will have the cost for up to five (5) individual sessions defrayed on a first come, first serve basis until all funds are committed or exhausted.
- [POC Online Classroom](#)- Readings on the importance of self care, mental health care, and healing for people of color and within activist movements.
- [NAMI Chicago Helpline](#)- 833-626-4244
- [Chicago Department of Public Health Mental Health Centers](#)- 312-747-1020 can connect to free teletherapy
- [Headspace App](#)- Guided Meditations and resources

Instagram accounts to follow:

- [The Nap Ministry / @thenapministry](#)
- [HealHaus / @healhaus](#)
- [Black Mental Wellness/ @blackmentalwellness](#)

This list is not exhaustive, but please feel free to share with whomever you may think would benefit. And don't forget to make your voices heard as well, advocate for change if you believe

our curriculum could use an upheaval to be inclusive of black history and health disparities. Big changes start small, and they can start at our school.

Black Lives Matter. Black Lives have ALWAYS Mattered, and we stand with you.

Sincerely,
The E-Board of SIP