

Strength in Self: Empowering Black Men Through Psychoeducation and Support

RESOURCES:

- [Alkeme Health](#): A digital platform that features a wealth of content from Black mental health and wellness practitioners. Check Alkeme's list of resources for Black people in need of services.
- [BEAM \(Black Emotional and Mental Health Collective\)](#): Comprised of a collective of "advocates, yoga teachers, artists, therapists, lawyers, religious leaders, teachers, psychologists, and activists," this organization provides a directory of Black therapists certified in providing telehealth services.
- [Black Men Heal](#): This nonprofit provides information on how you can get free therapy sessions from selected providers. For more information, please visit this page and hit the "Apply Here" button to get started.
- [Melanin and Mental Health](#): This group is dedicated to sourcing licensed and culturally competent mental health practitioners for Black and Latinx clients.
- [Psychology Today](#): This well-known mental wellness site has a national directory of African-American therapists and their contact information that you can access.
- [Talkspace](#): This online and mobile therapy company offers online access to licensed therapists.
- [The Boris Lawrence Henson Foundation](#): Founded by actress Taraji P. Henson and named after her father, this foundation provides links to licensed therapists of color. There is also information on free therapy access.
- [TherapyForBlackMen.Org](#): This organization also has a digital directory of therapists for Black males. Click here for more information. You can also inquire about financial assistance for therapy, by going to this page.

www.blackmentalwellness.com



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