



The resources below discuss the impacts of trauma and racism on African Americans and people of color. Additional resources are meant to evoke thoughtful discussion on confronting bias and helping initiate conversations on addressing racism.

Below these resources are organizations that support and address topics on mental health within the black community and communities of color. In addition, we have included an online directory of local Twin Cities mental health agencies.

Addressing racism requires ongoing, often difficult work that may be uncomfortable. Racism and discrimination are a public health issue that impacts people's health and mental health.

Books

- "My Grandmother's Hand", by Resmaa Menakem
- "The Souls of Black Folk" by W.E.B. Dubois
- "Between the World and Me" by Ta-Nehisi Coates
- "Beyond Inclusion, Beyond Empowerment" by Leticia Nieto with Margot F. Boyer, Liz Goodwin, Garth R. Johnson & Laurel Collier Smith
- "Me and White Supremacy" by Layla Saad
- "White Fragility: Why It's So Hard for White People to Talk About Racism" by Robin DiAngelo and Michael Eric Dyson
- "The New Jim Crow" by Michelle Alexander
- "The Content of Our Character" by Shelby Steele
- "Post Traumatic Slave Syndrome" by Joy DeGruy
- "How to be an Anti-Racist" by Ibram X Kendi
- Citations Needed (Podcast hosted by Nima Shirazi and Adam Johnson)
- "The Unapologetic Guide to Black Mental Health: Navigate an Unequal System, Learn Tools for Emotional Wellness, and Get the Help You Deserve" by Dr. Rheeda Walker
- "12 Books on Mental and Emotional Health by Blackety Black Folks" (reading list by Alexander Hardy)
- "Black Men and Depression" by John Head
- "Black Pain: It Just Looks Like We're Not Hurting" by Terrie M. Williams

June 5, 2020

Online Resources

Resources on Addressing Trauma

- [Racial Injustice and Trauma: African Americans in the US: NCTSN Position Statement](#)
- [Addressing Race and Trauma in the Classroom: A Resource for Educators](#)
- [The Trauma of Racism](#) | New York University Silver School of Social Work
- [Uncovering the Trauma of Racism: New Tools for Clinicians](#) | Dr. Monnica T. Williams, Psychology Today
- [Understanding Racial Trauma-Informed Interventions](#) | Alexandra Pajak, LCSW, Social Work Today
- [Black Emotional and Mental Health Collective \(BEAM\)](#) (group aimed at removing the barriers that Black people experience getting access to or staying connected with emotional health care and healing)
- [Free Racialized Trauma Course](#) | Cultural Somatics Institute
- [Healing the Hidden Wounds of Racial Trauma](#) | Kenneth V. Hardy
- [Improving Cultural Competency for Behavioral Health Professionals \(Free Online Training\)](#) | HHS
- [Racial Trauma is Real: The Impact of Police Shootings on African Americans](#) | Dr. Erlanger A. Turner & Jasmine Richardson
- [Grief is a Direct Impact of Racism: Eight Ways to Support Yourself](#): An article by global health professor Roberta K. Timothy.
- [Healing in Action: A Toolkit for Black Lives Matter Healing Justice & Direct Action](#): A guide by Black Lives Matter Healing Justice Working Group on preparing for action, self-care during an action, and restoration and resilience after an action.
- Melanated Social Work [Instagram](#) and [podcast](#): Mental health resources, information, and discussions created and curated by four men of color in the social work field.
- [Mental Health Tips for African Americans to Heal after Collectively Witnessing an Injustice](#): A self-care video by Brandon J. Johnson, M.H.S.
- [Racial Trauma and Self-Care in Tragedy](#): A resource list by University of North Texas.
- Healing the Hidden Wounds of Racial Trauma (<https://static1.squarespace.com/static/545cdfcce4b0a64725b9f65a/t/54da3451e4b0ac9bd1d1cd30/1423586385564/Healing.pdf>)
- Decolonizing Therapy [Instagram](#) and [Twitter](#): Resources on healing ancestral trauma compiled by Dr. Jennifer Mullan, clinical psychologist and community organizer.
- [Depressed While Black](#): An online community, blog, and video hub for Black mental health.
- [The Safe Place](#): A minority mental health app geared specifically towards the black community.
- [Adverse Community Experiences and Resilience: A Framework for Addressing and Preventing Community Trauma](#) | Prevention Institute
- [Behavioral Health Equity for Black/African American People: Data, Reports, and Issue Briefs](#) | SAMHSA
- [Black & African American Communities and Mental Health](#) | Mental Health America
- [The Link Between Racism and PTSD](#) | Dr. Monnica T. Williams, Psychology Today

Resources on Talking to Children

- [The Dos and Don'ts of Talking to Kids of Color About White Supremacy](#)
- [Talking to White Kids About Race and Racism](#)
- [Resources for Talking About Race, Racism and Racialized Violence With Kids](#)
- [Resources for Race, Equity, Anti-Racism and Inclusion](#)
- [Children's Books Addressing Race and Racism](#)
- [Talking to Kids About Racism and Justice](#)
- [Racism and Violence: How to Help Kids Handle the News](#): A conversation between Kenya Hameed, PsyD and Jamie Howard, PhD of Child Mind Institute.

Resources for Caregivers

- [Helping Teens with Traumatic Grief: Tips for Caregivers](#)
- [Helping School-Age Children with Traumatic Grief: Tips for Caregivers](#)
- [Helping Young Children with Traumatic Grief: Tips for Caregivers](#)
- [The Power of Parenting: How to Help Your Child After a Parent or Caregiver Dies](#)
- [Community Violence: Reactions and Actions in Dangerous Times](#)
- [Complex Trauma: Facts for Caregivers](#) (for youth who have experienced multiple traumas)

Watch

[Town Hall on Racial Justice and Police Reform](#) with former president Barack Obama and Michael Smith of My Brother's Keeper Alliance

Organizations

- [African American Leadership Forum](#) is comprised of over 1,500 African Americans who self-identify as Thought Leaders, Influencers, Builders, Ambassadors. Collaboratively, these leaders volunteer their time, talents and treasure to support our mission to build a just society that works well for everyone.
- [Black Girls Smile Inc.](#) promotes positive mental health for young African American girls.
- [Black Men Heal](#)
Limited and selective free mental health service opportunities for Black men.
- [Black Mental Health Alliance](#) develops, promotes, and sponsors trusted, culturally-relevant educational forums, trainings, and referral services that support the health and wellbeing of Black people and other vulnerable communities.
- [Black Mental Wellness](#) provides access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective, highlights and increases the diversity of mental health professionals, and decreases the mental health stigma in the Black community. ([Instagram](#))
- [Black Women's Health Imperative](#)
Organization advancing health equity and social justice for Black women through policy, advocacy, education, research and leadership development.
- [Boris Lawrence Henson Foundation](#)
BLHF has launched the COVID-19 Free Virtual Therapy Support Campaign to raise money for mental

June 5, 2020

health services provided by licensed clinicians in our network. 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.

- [Brother You're on My Mind](#)
An initiative launched by Omega Psi Phi Fraternity, Inc. and NIMHD to raise awareness of the mental health challenges associated with depression and stress that affect Black men and families. Website offers an [online toolkit](#) that provides Omega Psi Phi Fraternity chapters with the materials needed to educate fellow fraternity brothers and community members on depression and stress in Black men.
- [Ebony's Mental Health Resources by State](#)
List of Black-owned and focused mental health resources by state as compiled by Ebony magazine.
- [Eustress](#) raises awareness on the importance of mental health in underserved communities, allowing individuals to identify and overcome challenges to achieve a healthier and productive lifestyle.
- [Inclusive Therapists](#) aims to make the process of seeking therapy simpler and safer for all people, especially marginalized populations.
- [Melanin and Mental Health](#) connects individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities.
- [National Organization for People of Color Against Suicide](#), founded by suicide loss survivor, Dr. Donna Barnes, works to reduce the stigma of suicide prevention among communities of color through training and advocacy
- [Ourselves Black](#)
Provides information on promoting mental health and developing positive coping mechanisms through a podcast, online magazine and online discussion groups.
- [POC Online Classroom](#)
Contains readings on the importance of self care, mental health care, and healing for people of color and within activist movements.
- [Sista Afya Community Mental Wellness](#) sustains the mental wellness of Black women through building community, sharing information, and connecting Black women to quality mental wellness services.
- [The AAKOMA Project](#) helps diverse teenagers and their families achieve optimal mental health through dialogue, learning, and the understanding that everyone deserves care and support.
- [The Loveland Foundation](#) provides financial support for therapy for Black women and girls.
- [The National Queer & Trans Therapists of Color Network \(NQTTTCN\)](#) is a healing justice organization committed to transforming mental health for queer and trans people of color (QTPOC).
- [Therapy for Black Girls](#) is an online space dedicated to encouraging the mental wellness of Black women and girls. ([Twitter](#) | [Facebook](#))
- [Therapy for Black Men](#) is a directory to help men of color in their search for a therapist. ([Instagram](#))
- [The Steve Fund](#)
Organization focused on supporting the mental health and emotional well-being of young people of color.
- [Unapologetically Us](#)
Online community for Black women to seek support.

Local Mental Health Agencies/Providers	Website
100% Counseling & Consulting	Still100.com
360 Communities	https://360communities.org/#
Acacia Counseling & Wellness	acaciacw.com
Ajayi Psychological Services	Dralexajayi.com
Alexandra House	https://www.alexandrahouse.org/
Allina Health West Saint Paul	https://account.allinahealth.org/providers/18503
American Indian Family Center	https://www.aifc.net/
Aruba Emotional Health	http://www.arubahemotionalhealth.com/the-team/
Behavioral Healthcare Providers (BHP)	www.bhpcare.com
Behavioral Health Alliance/private Practice	https://www.behavioralhealthalliance.org/
Bloomington Mental Health Services	https://www.bmhsmn.com/
Bravada M. Garrett-Akinsanya, PHD	https://www.findapsychologist.org/psychologists/bravada-garrett-akinsanya/
Brighter Possibilities child and family counseling	Brighter-possibilities.com
Casa De Esperanza	https://casadeesperanza.org/
Canvas Health	https://www.canvashealth.org/
CARE Counseling	http://www.CARE-Clinics.com
Cedar Valley Center for Child & Family Therapy, PLLC (therapist)	https://www.psychologytoday.com/us/therapists/dorot-hee-tshiela-eagan-mn/302069
Central Minnesota Mental Health Center-Elk River	https://cmmhc.org/
Change Inc	https://www.thechangeinc.org/
Changing Point (therapist)	https://www.psychologytoday.com/us/therapists/melanie-aleman-minneapolis-mn/730575
CLUES	http://clues.org/
Community School Collaborative, a Collaboration between Guadalupe Alternative Program and Change Inc.	https://www.gapschool.org/
Community Tree Counseling (therapist)	https://www.communitytreecounseling.com/
Community University Health Care Center	www.ahc.umn.edu/cuhcc
CUHCC	https://www.cuhcc.umn.edu/
Domestic Abuse Project	http://www.domesticabuseproject.com/
Empower Therapeutic Support Service	http://www.empowerfam.com
Family Revelations, Inc.	http://www.familyrevelations.net
Fern Therapy Services	http://www.kellyfern.net
Hamm Clinic	http://www.hammclinic.org/
Hatch Life LLC	http://hatchlifemn.com/

June 5, 2020

Local Mental Health Agencies/Providers	Website
HCMC'	HennepinHealthcare.org
Headway Emotional Health Services	Headway.org
HealthStar Home Health	www.healthstarhomehealth.net
Hope Center	http://hopecentermn.org/
Hmong American Partnership	www.hmong.org
Introspect Mental Health	http://www.introspectmh.com
Intuitive Therapy and Consulting (therapist)	https://www.psychologytoday.com/us/therapists/tanya-brown-golden-valley-mn/412066
Jasira Family Counseling	https://jasirafamilycounseling.com/
Kente Circle	http://www.kentecircle.com
KIP Consulting Services, LLC	http://www.anndillard.com
Lee Carlson Center for Mental Health	http://www.leecarlsoncenter.org
Life Essentials Psychology	https://sites.google.com/lepmn.com/lifeessentialpsychologyllc/home
Life-Refine Co.	http://www.life-refine.com
Lorenz Clinic	http://lorenzclinic.com/about-us/our-team/dr-brandon-suarez/
Lyn-Lake Psychotherapy & Wellness	https://therapy-mn.com/
Maplewood Wellness Center of MN	https://therapy-mn.comhttps://themaplewoodwellnesscenter.com/therapists/
Mental Health Systems	https://www.mhs-dbt.com/
MHealth Riverside Psychiatry Clinic (psychologist)	https://www.psychiatry.umn.edu/bio/child-psychiatry/danielle-vrieze
HealthPartners / Center for International Health / Behavioral Health Services	https://www.healthpartners.com/care/find/location/care-team/2439/
Midwest Center (therapist)	https://www.mentalhealthinc.com/work/elizabeth-lee-ma/
Minnesota Community Care (La Clinica)	https://www.mncare.org/
Minnesota Mental Health Clinics	https://mnmentalhealthclinics.com/
MN ADOPT	https://www.mnadopt.org/
Morningsong Therapy	https://morningsongtherapy.com/therapist-minneapolis/
Murphy Psychological Services	http://www.murphypsychologicalservices.com/
Native American Community Clinic	https://nacc-healthcare.org/
Neither/Both LLC	http://www.neitherboth.com
North Memorial Health (psychologist)	https://northmemorial.com/doctor/pituc-stephanie/
NorthPoint Health & Wellness	https://www.northpointhealth.org/
Northstar Behavioral Health	northstarbehavioralhealthmn.com
Nystrom & Associates, Ltd.	nystromcounseling.com

June 5, 2020

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One Mind Counseling and Catalyst Mental Health	http://www.onemindcounseling.com
Open Cities Health Center	http://opencitieshealth.org
People's Center Health Services	https://www.peoples-center.org/
Park Nicollet Burnsville	https://www.healthpartners.com/care/
Peak Behavioral Health	peaktherapymn.com
Progressive Individual Resources	https://www.pirimn.org/
Psych Recovery Inc.	http://www.psychrecoveryinc.com/outpatientClinic.html
Ramsey County Mental Health Center	https://www.ramseycounty.us/residents/health-medical/clinics-services/mental-health/adult-mental-health
Realize More Services	https://realizemoreservices.wixsite.com/website
Reclaim	reclaim.care
Reframed Existence	http://www.nicolemuzzy.com
Roots Therapy & Consulting	https://www.rootstherapyandconsulting.com/
Samantha Rivera Healing Center (therapist)	https://www.psychologytoday.com/us/therapists/samantha-rivera-saint-paul-mn/327323
Sankofa Mind Spa Recovery/Life Essentials Psychology	sankofagroupllc.com
Soaring Eagle Therapeutic Services, LLC	https://soaringeagletherapy.com/
Socorro Consulting	socorro.care
South East Homes	http://southeasthomes.org/
Sunrise Recovery Services	sunrise-recovery.org
The Family Development Center	https://thefamilydevelopmentcenter.com/
The Family Partnership	http://www.thefamilypartnership.org/programsservices/counseling/findatherapist/
Therapy Place Services LLC	https://www.goodtherapy.org/
Threads of Hope Counseling	https://www.tohcounseling.com/
Tranquility Health LLC	http://www.tranqhealth.com
Transforming Generations	https://www.transforminggenerations.org/
True Thao Counseling Services	https://truethaocounseling.com/
Twin Cities Mental Health & Couples Center	https://squareup.com/dashboard/
Twin Cities Psychological Services, Ltd	http://www.twincitiespsych.com/
Ubuntu Care Services LLC	http://www.ubuntucareservices.com/about_us/
University of Minnesota - Child and Adolescent Psychiatry Clinic	https://www.mhealth.org/childrens/care/specialties/psychiatry-pediatrics
University of Minnesota Autism and Neurodevelopmental Clinic (psychologist)	https://med.umn.edu/bio/pediatrics-by-division/chimeilee

June 5, 2020

Local Mental Health Agencies/Providers	Website
Vietnamese Social Services	https://mnprc.org/
W.B.Garrett Consulting LLC (psychologist)	http://blackmentalhealthresources.net/listing/willie-garrett-m-a-lp-ed-d/
Wellness Ways (therapist)	wellnessways.info
Wild Tree Psychotherapy / Arubah Emotional Health	https://wildtreewellness.com/
Wilder Foundation	https://www.wilder.org/
Village Wellness Center	vwcmn.com
Wilder Foundation Programs for Southeast Asians	www.wilder.org

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June 5, 2020