

MENTAL HEALTH RESOURCES FOR BLACK PEOPLE

Black Girls Smile Inc.

<https://www.instagram.com/blackgirlssmile/>

The Most Nurtured

Free/low cost during COVID. Yoga IRL \$10. Mental health workshops \$25 or under.

<https://www.instagram.com/themostnurtured/>

Future Ancestors Services

[Tiered pricing structure: Corporate, Public, Non-Profit & Youth pricing](#)

<https://www.instagram.com/ancestorsfuture/>

Jordan Pickell Counseling

<http://www.jordanpickellcounseling.ca/fees>

<https://www.instagram.com/jordanpickellcounseling/>

Black Mental Wellness

Cost upon request / per service

<https://www.instagram.com/blackmentalwellness/>

Open Path Collective

\$30 and \$60 (between \$30 and \$80 for couples & family sessions). A lifetime membership \$59. <https://www.instagram.com/openpathpsychotherapy/>

B. Marie, MA, LPC, CADC

Free to subscribe via YouTube

https://www.instagram.com/bringitbrat_/

Therapy for Black Girls

Contact individual providers

<https://www.instagram.com/therapyforblackgirls/>

Black Mental Health Alliance

Free/low cost/by donation programming https://www.instagram.com/black_minds_matter/

The Siwe Project

<https://www.instagram.com/thesiweproject/>

The Unplug Collective

Free

<https://www.instagram.com/theunplugcollective/>

Liberate Meditation

\$9.99 /mo, \$71.99 annually

<https://www.instagram.com/liberatemeditation/>

Dive in Well

Free/low cost/by donation programming

<https://www.instagram.com/diveinwell/>

Sista Afya

<https://www.sistaafya.com/thrive-membership>

<https://www.instagram.com/sistaafya/>

Viva Wellness

Sliding scale fees without income verification. Limited number of insurance slots and assist with out of network reimbursement.

<https://www.instagram.com/vivawellnessnyc/>

Ethel's Club

\$17 /mo

<https://www.instagram.com/ethelsclub/>

The Loveland Foundation

[Submit application to apply for free therapy sessions](#)

<https://thelovelandfoundation.org/ways-to-give/>

Dear Black Women Project

Free/low cost/by donation programming

<https://www.dearblackwomenproject.com/>

California Black Women's Health Project

Free/low cost/by donation programming

<https://www.cabwhp.org/>

Kaiser Permanente Watts Counseling and Learning Center

<https://community.kp.org/about/program/watts-counseling-and-learning-center>

Better Help

Ranges from \$60 to \$80 per week (billed monthly)

<https://www.betterhelp.com/>

National Queer and Trans Therapists of Color Network

Contact individual providers

<https://www.nqttcn.com/directory>

Melanin and Mental Health

Contact individual providers

<https://www.melaninandmentalhealth.com/>

NAMI

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

Headspace for the Unemployed

Free for 1 year

<https://www.headspace.com/unemployed>

Black Emotional and Mental Health Collective

Contact individual providers

<https://www.beam.community/bvtn>

Black Girls in Om

<https://www.blackgirlinom.com/bgiocreatorsforchange>

Sad Girls Club

<https://www.instagram.com/sadgirlsclub/>

The Conscious Kid

[Subscribe via Patreon](#)

<https://www.instagram.com/theconsciouskid/>

Healing Resources for Trying Times

<https://docs.google.com/document/d/1AeE1fnBPRS1J1KN1Hxjpg4HTwVHoTQU1MqVWolZrJOw/edit?ts=5ed5658c>

Dora Kamau (Mindfulness Artist)

Free/low cost/by donation programming

https://www.instagram.com/dora_kamau/?hl=en