

Therapeutic Resources with their websites

1. ichill (<http://www.ichillapp.com/>)
2. Calm (<https://www.calm.com/>)
3. Insight Timer (<https://insighttimer.com/>)
4. Stop, Breath and Think (<https://stopbreathethink.com/>)
5. Headspace (<https://www.headspace.com/>)
6. SupperBetter (<https://www.superbetter.com/>)
7. Oak Meditation (<https://www.oakmeditation.com/>)

Mental Health Resources for Community Members and Professionals

African American Wellness Project

https://aawellnessproject.org/resources/?gclid=Cj0KCQjw3IqSBhCoARIsAMBkTb0ImwSX1RgxaQmzc6OJL_DCCdz0n-1gg0S336ErvQ4LgV9ZQOhgtkaAgqiEALw_wcB

Anxiety and Depression Association of America

<https://adaa.org/find-help/by-demographics/black-african-american-communities>

Black Emotional and Mental Health Collective

<https://beam.community/>

National Alliance on Mental Illness

<https://nami.org/Your-Journey/Identity-and-Cultural-Dimensions>

Very Well Mind

<https://www.verywellmind.com/mental-health-resources-for-the-black-community-5181656>

44 Mental Health Resources for Black People Trying to Survive in This Country

<https://www.self.com/story/black-mental-health-resources>

55 Mental Health Resources for People of Color

<https://www.onlinemswprograms.com/resources/social-issues/mental-health-resources-racial-ethnic-groups/>