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/)
7. Oak Meditation (https://www.oakmeditation.com/)

Mental Health Resources for Community Members and Professionals

African American Wellness Project
https://aawellnessproject.org/resources/?gclid=Cj0KCQjw3lqSBhCoARIsAMBkTb0lmwSX1RgxaQmzc6OJL_DCCdzOn-1qq0S336ErV4LgV9ZQOhgtkaAqqiEALw_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/