



Melanin & Mental Health 2021 Resource List

Books

After the Rain	Alexandra Elle
I'm Telling the Truth But I'm Lying	Basswy Ikpi
Where to Begin A Small Book About Your Power to Create Big Change in Our Crazy World	Cleo Wade
Post Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing	Joy A Degruy
The Unapologetic Guide to Black Mental Health: Navigate an Unequal System, Learn Tools for Emotional Wellness, and Get the Help you Deserve	Rheeda Walker
Injured Reserve	Rwenshaun Miller
The Color of My Mind: Mental Health Narratives from People of Color	Dior Vargas
Cultural Considerations in Latino American Mental Health	Harvette Grey and Brittany N. Hall-Clark
I Don't Want to Talk About It: Overcoming the Secret Legacy of Male Depression	Terrance Real
Black Pain: It Just Looks Like We're Not Hurting	Terrie M Williams
Bipolar Faith: A Black Woman's Journey with Depression and Faith	Monica A. Coleman
Willow Weep for Me: A Black Woman's Journey Through Depression	Meri Nana-Ama Danquah
My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies	Resmaa Menakem
Soothe Your Nerves: The Black Woman's Guide to Understanding and Overcoming Anxiety, Panic, and Fearz	Angela Neal-Barnett
The Color of Hope: People of Color Mental Health Narratives	Vanessa Hazzard
Preventing Bipolar Relapse: A Lifestyle Program to Help You Maintain a Balanced Mood and Live Well	Ruth C. White
Saved & Depressed: A Suicide Survivor's Journey of Mental Health, Healing & Faith	T-Kea Blackman

Podcasts

hey, girl. The podcast	Latinx Therapy	Minding My Black Business	Naming It	Balanced Black Girl
The Evolving Chair Podcast	Hat's Off	The Bodyful Black Girl	Therapy for Black Girls	15 mins on the Couch
Black Girls in Om Podcast	Affirm	Between Sessions Podcast	Fireflies Unite	Brown Girl Self-Care Podcast
From Goals to Growth	Previously Perfect Podcast			



Instagram Accounts

Alishia McCollough	https://www.instagram.com/blackandembodied/	Stevon Lewis	https://www.instagram.com/stevonlewismft/
Alexandra Elle	https://www.instagram.com/alex_elle/	Eliza Boquin	https://www.instagram.com/elizagboquin/
Bassey Ikpi	https://www.instagram.com/basseyworld/?hl=en	Black Mental Wellness	https://www.instagram.com/blackmentalwellness/
Cleo Wade	https://www.instagram.com/cleowade/	Brown Girl Self-care	https://www.instagram.com/browngirlselfcare/
Donna Oriowo	https://www.instagram.com/AnnodRight/	Ethel's Club	https://www.instagram.com/ethelsclub/?hl=en
Jennifer Mullan	https://www.instagram.com/decolonizingtherapy/	Heal Haus	https://www.instagram.com/healhaus/
Jessica Clemons	https://www.instagram.com/askdrjess/?hl=en	Inclusive Therapists	https://www.instagram.com/inclusivetherapists/
Joy Harden Bradford	https://www.instagram.com/hellodrjoy/?hl=en	The Loveland Foundation	https://www.instagram.com/thelovelandfoundation/
Rwenshaun Miller	https://www.instagram.com/rwenshaun/?hl=en	The Nap Ministry	https://www.instagram.com/thenapministry/
Dr. Mariel Buque	https://www.instagram.com/dr.marielbuque/	OmNoire	https://www.instagram.com/omnoire/
Morgan Harper Nichols	https://www.instagram.com/morganharpernichols/	Sadie Baddies	https://www.instagram.com/sadie_baddies/?hl=en
Nedra Glover Tawwab	https://www.instagram.com/nedratawwab/	Sad Girls Club	https://www.instagram.com/sadgirlsclub/
Balanced Black Girl Podcast	https://www.instagram.com/balancedblackgirlpodcast/	Sista Afya	https://www.instagram.com/sistaafya/?hl=en
Black Female Therapist	https://www.instagram.com/blackfemaletherapists/	Transparent Black Girl	https://www.instagram.com/transparentblackgirl/?hl=en
Black Girl In Om	https://www.instagram.com/blackgirlinom/	Dr. Patrice N. Douglas	https://www.instagram.com/thepatricenicole/



Mental Health Organizations

BlackLine	https://www.callblackline.com/
Black Learning Achievement and Mental Health (BLAM)	https://blamcharity.com/
Rest for Resistance	https://restforresistance.com/
GirlTrek	https://www.girltrek.org/
Black Mamas Matter Alliance	https://blackmamasmatter.org/
Black Mental Health Alliance	https://blackmentalhealth.com/
The Okra Project	https://www.theokraproject.com/
Boris L Henderson Foundation	https://borislhensonfoundation.org/
Black Men Heal	https://blackmenheal.org/
Harriet's Apothecary	http://www.harrietsapothecary.com/
Eustress	https://www.eustressinc.org/

Phone Applications

Shine	https://www.theshineapp.com/
The Safe Place	https://apps.apple.com/us/app/the-safe-place/id1349460763
talley	https://www.talleyapp.com/
Ayana Therapy	https://www.ayanatherapy.com/
Health in Her Hue	https://healthinherhue.com/
Minds of the Culture	https://apps.apple.com/us/app/minds-of-the-culture/id1514006724