Healing Racial Trauma, Black Mental Health and Self-Care

EVENTS

Live Online Healing Resources

- https://www.sistaafya.com/services
- https://www.bonappetit.com/story/virtual-mental-health-resources?fbclid=IwAR39ldeu6Uk-ryt04elVj1a1MG8mBW5lHCDspoDkgTvWFT3FNQz49o7VT_g

A weekly circle for BIPOC wanting to get grounded and be together during these burning times

- https://www.sandrakim.com/grounding-gatherings

UF CAMPUS RESOURCES

UF Counseling and Wellness Center - CWC

- Call to explore options for Individual Counseling (352) 392-1575
- Extensive Workshop Listing: https://counseling.ufl.edu/outreach/workshops/
- Apps/Self-Care https://counseling.ufl.edu/resources/apps/
- Groups such as:
  - Invincible Black women - (offered Summer B 2020)
  - USO
  - Graduate Student Support
- AND MORE! Click here to explore our website: https://counseling.ufl.edu/

MCDA - https://multicultural.ufl.edu/

UF Mindfulness https://mindfulness.ufl.edu/index.php/resources/
COMMUNITY PROVIDERS

Kathleen Joseph, LMHC
- https://kjanda.org
- https://www.businessmagazinegainesville.com/2017-fierce-award-winner-kathleen-joseph/

Alandria Mustafa, LMHC, NCC

Tatiana Edouard - Registered Intern:
- personal work email tedouard@counselinggainesville.org.
- our office number: 352-332-6131
- Website: http://counselinggainesville.org

Anyaliese D Hancock-Smith, Ph.D.
- https://www.hancocksmithpediatrics.com/

Boris Lawrence Henson Foundation is offering free virtual therapy to communities of color.
- https://borislhensonfoundation.org/

Taraji P. Henson’s Foundation Providing Free Mental Health Therapy for the Black Community
- https://themighty.com/2020/05/taraji-henson-foundation-mental-health-covid-19/?fbclid=IwAR039zVuVyc6Mrx_niLIWuCZQrPQjDtpfYQjs624sGZjas9mgry8kRz-PSY

Black Mental Health Resources
- https://twloha.com/blog/black-lives-matter-black-mental-health-matters-too/?fbclid=IwAR1bGEyN-LUDrTyqJ_clNFRX9btpbldMjaf_5Yoaw6j6H3ObnaFwrDC7PZw

New App helps people of color find therapists from their same cultural background:
MINDFUL MEDITATIONS

angel Kyodo williams: Exercise for Connecting
• https://www.youtube.com/watch?v=PgLc1ZILkl8

Black Lives Matter Meditation and Ally/Accomplice Meditation
• http://drcandicenicole.com/2016/07/black-lives-matter-meditation/

How to Meditate: A Black Woman’s Guide on How to Reduce Stress
• https://www.youtube.com/watch?v=Vvumbrnasg0&app=desktop

A Meditation for Black Women
• https://m.youtube.com/watch?v=Zgf2COTsFUA

Black Girl Magic Meditation
• https://m.youtube.com/watch?v=CkMu7-1GpSU

Meditation for Black Women | Self-Love & Healing
• https://m.youtube.com/watch?v=eVW9nfXYYuo

#BlackLivesMatter Meditation & additional Ally/Accomplice Meditation by Dr. Candice Nicole
• http://drcandicenicole.com/2016/07/black-lives-matter-meditation/

5 Forms Of Meditation For African Spirituality And How To Do Them
• https://www.panafricanalliance.com/meditation/#Why_Meditation_Is_Crucial_To_African_Spirituality
MINDFULNESS BOOKS

- **You Belong by Sebene Selassie**
  - [https://www.sebeneselassie.com/](https://www.sebeneselassie.com/)

- **RUTH KING -**
  - [https://ruthking.net/mindful-of-race/](https://ruthking.net/mindful-of-race/)

- **Restorative Yoga for Ethnic and Race-Based Stress and Trauma Paperback** – August 21, 2020
  - by Gail Parker (Author), Justine Ross (Illustrator), Octavia F. Raheem (Foreword), & 1 more

- **Stay Woke: A Meditation Guide for the Rest of Us Paperback** – February 11, 2020 by Justin Michael Williams (Author), Illustrator Victoria Cassinova (Illustrator)

MUSIC

- Alycia Keys “Good Job” - [https://www.youtube.com/watch?v=gm8CRm-FSzU](https://www.youtube.com/watch?v=gm8CRm-FSzU)
- **Strength Courage And Wisdom - India Arie - Lyrics**
  - [https://www.youtube.com/watch?v=gaoZy5Qe7cQ](https://www.youtube.com/watch?v=gaoZy5Qe7cQ)
- Rise Up Andra Day [https://www.youtube.com/watch?v=lwgr_lMeEgA](https://www.youtube.com/watch?v=lwgr_lMeEgA)
- Redemption Song - Bob Marley
  - [https://www.youtube.com/watch?v=kbyUPJooBfU](https://www.youtube.com/watch?v=kbyUPJooBfU)
- Cynthia Erivo - "Stand Up" - Oscars 2020 Performance
  - [https://www.youtube.com/watch?v=g3HICKj-4Zs](https://www.youtube.com/watch?v=g3HICKj-4Zs)
- Black Lives Matter Playlist
PODCASTS

- **Melanated Rising by** Kristin Iris

- **3 Psychs and a Mic Podcast:** [https://3psychsandmic.libsyn.com/](https://3psychsandmic.libsyn.com/)
  - Description: 3 Psychs and a Mic is a podcast hosted by three Black, female psychologists who discuss a variety of topics through the lens of psychology in a way that is relatable and relevant to listeners.

- **Ten Percent Happier App** --Interviews, meditations, podcasts, etc. including with Rev. angel Kyodo williams, Sebene Selassie, Rhonda Magee, Lama Rod Owens, etc.
  - [https://www.tenpercent.com](https://www.tenpercent.com)

- **Ruth King**
  - [https://ruthking.net/recordings/](https://ruthking.net/recordings/)
  - [https://ruthking.net/product/soothing-inner-flames-audio/](https://ruthking.net/product/soothing-inner-flames-audio/)

- **10 Podcasts That Bring Me Happiness as a Black Listener - Rest and Comfort**
  - [https://www.marieclaire.com/culture/g32737377/podcasts-featuring-black-voices/](https://www.marieclaire.com/culture/g32737377/podcasts-featuring-black-voices/)

SELF-CARE QUOTES

Dr. Maya Angelou


Self Care Quotes by Dixie Lincoln- Nichols


DECKS OF CARDS
Desiree Adaway, Dear Sister (not just Cis-ter) Cards (Volume 1 and 2)
- https://www.thegamecrafter.com/games/dear-sister-volume-two

Ruth King, Emotional Wisdom Cards and Free Recordings
- https://ruthking.net/product/emotional-wisdom-cards/

Dr. Ebony Butler, Licensed Psychologist and Food Relationship Strategist, self-help tool created to help women of color work through self-limiting beliefs and habits

FACEBOOK GROUPS
- Gainesville Black Professionals
  - https://www.facebook.com/gainesvilleblackprofessionals/
- Black Therapists Rock
  - https://www.facebook.com/supportblkmentalhealth/
- Therapy for Black Girls Thrive Tribe
  - https://www.facebook.com/groups/808875152620942/
- Black Therapists Network
  - https://www.facebook.com/BlackTxtNet/
- The Black Girl Clinician Collective
  - https://www.facebook.com/groups/blackgirlclinicians/
- The Black Girl Clinician Collective
  - https://www.facebook.com/groups/blackgirlclinicians/
- Black Yoga teachers Alliance

SELF-CARE ARTICLES
Dr. Ceymone Dyce Clinical Mental Health Therapist

- How to fit self-care into your busy schedule

Trans Love In The Black Community: Living Color | NBC News

- https://www.youtube.com/watch?v=81aCnP6AM6Q&t=30s

Black Women’s Self-Care as Self-Preservation By Makiyah Moody
- https://thriveglobal.com/authors/makiyah-moody/

Why Self-Care is so important for Black Women


Black Men Smile®: Celebrating the Way We See Ourselves

- http://blackmensmile.com/about

Does Anyone Know What Self-Care Means?


Understanding the radical history of self-care is essential to practicing it successfully by Sadie Trombetta


Breaking Isolation: Self Care and Community Care Tools for our People


3 Simple Ways to Incorporate Mindfulness Into Your Routine by Juliana R. Collins


Protect Your Magic! 9 Self Care Acts
• https://www.essence.com/lifestyle/health-wellness/9-self-care-tips-black-women-should-practice-daily/

Healing Resources for BIPOC Organizers & Allies Taking Action for Black Lives
• https://medium.com/@irresistiblemovements/healing-resources-for-bipoc-organizers-allies-taking-action-for-black-lives-f55067486690

Black lives matter. Black mental health matters too.
• https://twloha.com/blog/black-lives-matter-black-mental-health-matters-too/?fbclid=IwAR1bGEyN-LUDrTyqJ_cINFRX9btpbldMjaf_5Yoaw6j6H3ObnaFwrDC7PZw

SUPPORT BLACK BUSINESS

100+ BLACK-OWNED ETSY SHOPS
https://themadmommy.com/black-owned-etsy-shops/

SUICIDE PREVENTION
Black Emotional and Mental Health Collective (BEAM) is a training, movement building, and grant making organization dedicated to the healing, wellness, and liberation of Black and marginalized communities. Black Girls Smile Inc. promotes positive mental health for young African American girls. 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. 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.

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. 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.
Dear AWP Members,

The recent killings of George Floyd and Breonna Taylor by police have heightened public awareness about the stark reality of the repressive conditions that Black citizens in the US have been dealing with...
for more than 400 years. While Black people have been vocally protesting this violence for generations, we are hopeful that the current nationwide protests will catalyze more people to commit to the anti-racist fight for liberation and justice.

As our mission states, the Association for Women in Psychology “is a diverse feminist community of psychologists and allied professionals invested in the integration of personal, professional, and political power in the service of social justice.” We condemn police violence and brutality against Black people and see it as a human rights issue and public health crisis. It is up to all of us to collectively disrupt White supremacy, systemic racism, and oppression.

We want to make it clear that, as a feminist psychology organization, we are in full support of the Movement for Black Lives and encourage all of our members to use their resources to reckon with the history and ongoing persistence of anti-Blackness in our field and commit to taking daily action to disrupt these oppressive systems. We also want to express appreciation for the immense labor of Queer Black Women that is often overlooked in this fight. As a starting point, we have compiled some resources (recognizing that this is not a comprehensive list) for us to take action, engage in community and self-care, and educate ourselves.

**Resources for Black folx:**

- **Therapy for Black Girls - Dr. Joy Harden Bradford**
- **#SayOurNames: Radical Healing for Black women and gender expansive folx**
- **Dr. Thema Bryant-Davis**
- **Dr. Jennifer Mullan**
- **Dr. Candice Nicole - Black Lives Matter Meditations**
- **Academics for Black Survival and Wellness**
- **Liberate App (meditations for BIPOC)**
- **The Trevor Project: Supporting Black LGBTQ Youth**
- “The Safe Place” App by Jasmin Pierre (anywhere apps are downloaded)

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https://www.shutdownstem.com/healing

https://www.blackzen.co/