

Black mental health resources and how allies can support them

Black Mental Health Matters

Spring Health stands in solidarity with our black community. Our mission is to eliminate every barrier to mental health, and we recognize that racism and related traumas are in fact one of the most pervasive barriers to mental health. We've compiled resources here for you to share with your teams on how to support black mental health.

Know the facts

- **Higher prevalence:** Adult Black / African Americans are 20% more likely to report serious psychological distress than white adults.
- **More likely to attempt suicide:** Black/African American teenagers are more likely to attempt suicide than are white teenagers (8.3 percent v. 6.2 percent).
- **Less likely to receive care:** As of 2015, among those with mental illness, 48% of Whites are receiving the services they need compared to 31% of Blacks.
- **Microaggressions and mental health:** Higher frequencies of racial microaggressions negatively predict mental health and racial microaggressions are significantly correlated with depression.
- **Disparities in care quality:** African Americans often receive poorer quality of care and lack access to culturally competent care. Compared with the general population, African Americans are less likely to be offered either evidence-based medication therapy or psychotherapy.
- **Barriers to care for African Americans**
 - Stigma
 - Distrust of the healthcare system
 - Lack of diverse providers
 - Lack of culturally competent providers
 - Lack of insurance, underinsurance

US HHS Office of Minority Health

US HHS Office of Minority Health

American Psychiatric Association

Journal of Counseling & Development

J Gen Intern Med

Counseling / Therapy Resources

- **Black Emotional and Mental Health (BEAM) Collective**
 "A collective of advocates, yoga teachers, artists, therapists, lawyers, religious leaders, teachers, psychologists and activists committed to the emotional/mental health and healing of Black communities." beam.community
- **Black Girls Smile**
 "Ensuring all young African American females receive the resources and support necessary to lead mentally healthy lives." blackgirlssmile.org
- **Black Mental Health Alliance**
 "Mission: To develop, promote and sponsor trusted culturally-relevant educational forums, trainings and referral services that support the health and well-being of Black people and other vulnerable communities."
blackmentalhealth.com
- **The Boris Lawrence Henson Foundation**
 Mission: Eradicate the stigma around mental health in the African American community
borislhensonfoundation.org
- **Inclusive Therapists**
 Inclusive therapist directory, online trainings and workshops, and inclusive mental health events.
linktr.ee/inclusivetherapists
- **The Loveland Foundation**
 Therapy fund uses donations to fund mental health services for Black women and girls.
thelovelandfoundation.org
- **My Brother's Keeper**
 My Brother's Keeper, an initiative of the Obama administration, aims to unite and amplify the voices of black men through mentorship. <http://www.obama.org/mbka>
- **National Queer and Trans Therapists of Color Network**
 A healing justice organization that actively works to transform mental health for queer and trans people of color in North America. [Ngttn.com](https://ngttn.com)
- **The Safe Place App**
 Mental Health app geared toward the Black community. App features include: Black mental health statistics, inspirational black quotes, self-care tips
- **Therapy for Black Girls**
 A space for Black women developed to navigate mental health in an accessible and relevant manner.
[Therapyforblackgirls.com](https://therapyforblackgirls.com)

If your employer sponsors Spring Health, our licensed Care Navigators will work with you 1:1 to identify the the right care and the right provider for you. They will follow up to ensure that you find strong therapeutic alliance with your Spring Health provider. 44% of our Care Navigators are African American/black, 20% of our provider network is black, 15% of our network is multiracial, and 45% of our network is non-white.

- **100 Black Men of America**
Working to improve the quality of life within the African American Community 100blackmen.org
- **Dive In Well**
Resources, gatherings, and workshops working toward an inclusive wellness industry.
[Diveinwell.com](https://diveinwell.com)
- **Ethel's Club**
"A social and wellness club designed to celebrate people of color, online and IRL." @ethelsclub
- **The Marsha P. Johnson Institute (MPJI)**
A community that heals, organizes, advocates, and develops transformative leadership, and promotes our collective power. <https://marshap.org/>
- **Project LETS**
Peer Support for Mental Healing. [Letserasethestigma.com](https://letserasethestigma.com)
- **The Unplug Collective**
"a place where Black and Brown womxn and non-binary folks can share their stories about existing in their bodies without being silenced or censored."
@theunplugcollective

Ways to donate

- **The Nina Pop and The Tony McDade Mental Health Recovery Fund for Black Trans People**
paypal.me/theokraproject
- **The Foundation for Black Women's Wellness COVID-19 Women's Relief Fund**
ffbww.org/donate
- **Loveland Therapy Fund for Black Women & Girls**
thelovelandfoundation.org/loveland-therapy-fund
- **Black Earth Farm Foods Donations**
Venmo: @blackearthfarms
Cashapp: \$blackearth

Instead of "How are you?" Credit: @thecc_nyc

How you can check in with black friends today.

- Have you been sleeping?
- How do you need to be supported in this moment?
- What feelings are you experiencing the most right now?
- What have you done just for YOU today?
- Where are you finding joy these days?
- Who are you leaning on for support?
- Did you make sure to eat today? What did you eat?
- What's on your mind right now?

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

HOTLINES

National Suicide
Prevention Lifeline:
1-800-273-8255

Crisis Text Line:
Text HOME to 741741