



CAPS' BLACK HISTORY MONTH MENTAL HEALTH RESOURCES

APPS

- [Liberate](#)
- [Shine](#)
- [Ayanna Therapy](#)
- [The Safe Place](#)

BOOKS

- [My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies](#) by Resmaa Menakem, MSW, LICSW, SEP
- [The Unapologetic Guide to Black Mental Health: Navigate an Unequal System, Learn Tools for Emotional Wellness, and Get the Help you Deserve](#) by Dr. Rheeda Walker
- [The Racial Healing Handbook: Practical Activities to Help you Challenge Privilege, Confront Systemic Racism, and Engage in Collective Healing](#) by Dr. Anneliese A. Sings
- [So You Want to Talk about Race](#) by Ijeoma Oluo
- [My Therapy Cards](#) by Dr. Ebony Butler

PODCASTS

- [Therapy for Black Girls](#)
- [Intersectionality Matters](#)
- [Code Switch](#)
- [Be Antiracist](#)
- [Seeing White](#)

INFORMATION AND RESOURCE GUIDES

- [NAMI: Black/African-American Mental Health](#)
- [Racial Trauma Toolkit](#)
- [Black Emotional and Mental Health Collective \(BEAM\)](#)
- [Community Healing Network's Family-Care, Community-Care and Self-Care Tool Kit: Healing in the Face of Cultural Trauma](#)

ANTIRACISM RESOURCES

- [But I'm Not Racist!: Tools For Well Meaning Whites](#) by Dr. Kathy Obear
- [How to be an Antiracist](#) by Dr. Ibram X. Kendi
- [The Anti-racism Project](#)
- [Center for Anti-racist Research](#)

FINDING A THERAPIST

- [Therapy for Black Men](#)
- [Therapy for Black Girls](#)
- [LGBTQ Psychotherapists of Color](#)
- [Inclusive Therapists](#)
- [Melanin & Mental Health](#)
- [Psychology Today: Find a Black and African American Therapist](#)

CRISIS SUPPORTS

- Text '[STEVE](#)' to 741741
- [Call BlackLine](#): 1 (800) 604-5841