



BIPOC Mental Health Resources

BIPOC Providers

Wellness Tree

Therapy and Coaching

NYC-based Black Psychotherapist leaving you feeling empowered and equipped with refined skills to heal.

Victoria Grande

Therapy and Coaching

NYC Licensed Mental Health Therapist and Certified Clinical Trauma Professional. Mental health practice dedicated to empowering, educating and motivating the everyday woman on Living Victoriously.

Lavender (NY, NJ, MA, WA)

Medication Management

Easy access to prescriptions and therapy from the comfort of your home, with your dedicated Psychiatric Nurse Practitioner.

Therapy For Black Men

Therapist Directory

Search for a therapist or coach by their location and specialization. View their credentials, see what issues they treat, and get an idea if they'll be a fit for you.

Therapy for Black Girls

Therapist Directory

Find trusted, culturally competent therapists that know our feelings and can help navigate being a strong, black woman.

LatinX Therapy

Therapist Directory

National directory is for Latinx Therapists in private practice and other LatinX Resources.

Inclusive Therapy

Therapist Directory

Celebrating all identities and abilities in all bodies. Inclusive Therapists offers a safer, simpler way to find a culturally responsive, LGBTQ+ affirming providers.

PATH

Therapist Directory

Path makes it easy to find a licensed therapist in network with your insurance, who is accepting new clients, and is an expert in caring for your unique needs.

Mental Health Resources

Manifest House

Mental Health Community

Manifest House exists to provide the resources, guidance and community to help you navigate your path. Our live-stream wellbeing events make it easy to care for all aspects of yourself -- mind, body, and spirit.

Black Girls Smile

Mental Health Resource

BGS is a nonprofit organization that empowers the mental well-being of young black girls, providing resources and Therapy Scholarships. Sign up for Free weekly group support [here](#).

Mindful Moves

Mental Health Resource

Ebony's Mindful Move's mission is to de-luxuriate wellness, demystify mindfulness and bring us back to what we know about ourselves and our bodies.

Social Services

HITE

Resources

connecting New Yorkers with free and low-cost health and social services



Hotlines & Virtual Supports

NYC Well: <https://nycwell.cityofnewyork.us/en/get-help-now/>
1-888-692-9355 - confidential support & crisis intervention 24/7
Text WELL to 65173 - available 24/7

COVID-19 Emotional Support Hotline:

1-844-863-9314- mental health counseling/support available 7 days a week, 8 AM
- 10 PM

SAMHSA Disaster Distress Hotline:

<https://www.samhsa.gov/find-help/disaster-distress-helpline>
1-800-985-5990- Available 24/7

Boys Town- <https://www.boystown.org/hotline/Pages/default.aspx> 1-800-448-3000
24/7 hotline that provides support to parents & children/teens

National Alliance on Mental Illness (NYC Chapter)- <https://www.naminycmetro.org/>
Hotline: 1- 800-950-6264 - M-F, 10 am – 6 pm
Crisis Text Line – Text NAMI to 741-741 available 24/7

National Suicide prevention hotline- <https://suicidepreventionlifeline.org/>
1-800-273-8255 : 24/7 availability & chat option

Mental Health America- <https://www.mhanational.org/find-support-groups> Online
support groups based for different diagnosis

If you are in crisis, please call 988 or go to the nearest emergency room.