

Mental Health Resources

Black Virtual Therapist Network

<https://t.co/yTcDPzOwQr?amp=1>

Therapy for Black Girls

<https://therapyforblackgirls.com>

Black Girls Smile

<https://www.blackgirlssmile.org/resources>

Therapy for Black Girls Podcast

<https://therapyforblackgirls.com/podcast/>

Black Emotional and Mental Health

<https://www.beam.community/events>

“Warm” Hotline

<https://www.blackvoicenews.com/2019/12/11/warm-hotlines-deliver-help-before-mental-health-crisis-heats-up/>

Black Girls Code

<http://www.blackgirlscodes.com/>

Black Girls Rock

<http://www.blackgirlsrockinc.com/>

Pretty Brown Girl

<http://www.prettybrowngirl.com/>

The Boris Lawrence Henson Foundation

<https://borislhensonfoundation.org>