
Wellness Resources

Meditation & Mindfulness apps

- Headspace
- Insight Timer
- Calm
- Relaxing Melodies

Therapist Directory

- www.therapyforblackgirls.com
- www.therapyforblackmen.org
- www.psychologytoday.com
- www.betterhelp.com

E-Counseling

- Employer Assistance Programs, where applicable
- www.borishensonfoundation.org or text NOSTIGMA to 707070

Crisis/Suicide Help

- National Suicide Prevention Lifeline 800-273-TALK

Toolkits and Education

- Black Emotional and Mental Health Collective (BEAM)
- www.melaninandmentalhealth.com

Additional resources available
at www.jonajoiner.com

Drink First
THEN POUR