

UNITÉ

~mental health for the youth by the youth~

Black Community Mental Health Resources

Hotlines

- call blackline: 1 (800) 604-5841

Low Cost Resources :

- Sister Afya (www.sistaafya.com/services)
- Therapy for Black Girls (providers.therapyforblackgirls.com)
- Black Men Heal (blackmenheal.org)
- Eustress (www.eustressinc.org)

Podcasts:

- Therapy for Black Girls (apple podcasts, spotify)
- Minding My BLACK Business with Dr. JaNaè Taylor (apple podcasts, spotify)
- Between Sessions Podcast (apple podcasts, spotify)

Mobile Apps

- The Safe Place (apple store)
- Alkeme Health (apple store)

you are never alone!