

SELF-CARE RESOURCES

For Us, By Us

Podcasts

- Therapy for Black Girls Podcast
- The Breakdown with Dr. Earl
- Medicine for the Melanated & Misguided
- The Black Marriage and Therapy Matters Podcast-Dr. Connie Omari
- When Faiith Meets Therapy with Anthony Evans, Jr.

Apps

- Liberate.Cx Meditation
- Ubuntu African Proverbs
- Alkeme Black Mental Health
- The Self-Care Toolkit by Learning to be Free (available at gumroad.com)
- Exhale-BIWOC Well-Being
- Somewhere Good
- Ayana Therapy

Find a Provider

Therapyforblackgirls.com
Blackmenheal.org
Openpathcollective.org
(a directory of sliding scale therapists)
wellness.beam.community
(directory of black doulas, yoga teachers, counselors & coaches)

Journals, Games & Coloring Books

- Latoya Nicole Coloring Book Series for women of color
- Sharon Lawrence Gratitude and Self Care Journals
- Dear Mom, Dear Daughter: A Journal for Mother Daughter Communication by Janay Chanel Johnson
- mytherapycards.com
- Unpack That- *Therapy in a Box*