

Mental Health Resources for Black Individuals

Last week, the injustice that Black communities face on a daily basis was ignited by yet another senseless act of violence.

The Goucher Student Counseling Center recognizes all impacted by these current events. Overpoweringly, we recognize the impact these events have on the mental health, feelings of safety, and well-being of Black students, staff, and faculty.

On the following graphic, you can find mental health resources specific to racial experience, trauma, and and the plethora of emotions that you may be experiencing after another heartbreaking demonstration of the injustices inherent in the world.

We hear you and see you.

BEAM

BLACK EMOTIONAL AND MENTAL HEALTH
COLLECTIVE

www.beam.community/bvtn

Dr. Candice Nicole

Sex | Social Justice | Leadership | Love

<http://drcandicenicole.com/2016/07/black-lives-matter-meditation/>



www.stevelfund.org

THERAPY *for*
BLACK GIRLS

www.therapyforblackgirls.org



National Alliance on Mental Illness

<https://www.nami.org/Support-Education/Diverse-Communities/African-American-Mental-Health>



INCLUSIVE THERAPISTS
A SAFER, SIMPLER WAY TO FIND CARE
LA FORMA MAS SEGURA Y SENCILLA DE RECIBIR TERAPIA

<https://www.inclusivetherapists.com/>

Goucher College Student Counseling Center

As a mental health service with a mission towards social justice, Goucher's Student Counseling Center staff wish to offer our expertise and skill for treating trauma as a way of dismantling from white supremacy

For additional support, contact us at 410-337-6481

For access to a licensed mental health practitioner 24/7, contact 855-236-4278