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Helpful resources for Black people and People of Colour

National resources

Chinese Mental Health Association
cmha.org.uk
Provides a range of culturally appropriate services, including counselling, to Chinese people experiencing mental health or mental health related issues.

Mind
mind.org.uk
Peer support
Mind provides advice and support to anyone experiencing a mental health problem, including face-to-face and online peer support. For peer support for specific BAME groups, contact **your local Mind** or search Mind's **peer support directory**.

Young Black men programme
A three-year programme launched in 2019 working with 11—30 year olds by offering a range of tailored local services working specifically with young Black men.

YoungMinds
youngminds.org.uk
YoungMinds is the UK's leading charity fighting for children and young people's mental health, with **blogs** and **specific information about racism and mental health**.

Local resources

Black Learning Achievement and Mental Health (BLAM)
blamuk.org
A community outreach organisation working to share pragmatic solutions to social issues in London through events, projects, and public forums.

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Black Thrive
blackthrive.org.uk
Black Thrive is a partnership between communities, statutory organisations, the voluntary, and private sector working to reduce the inequality and injustices experienced by Black people in mental health services in the London Borough of Lambeth.

Kindred Minds
together-uk.org/southwark-wellbeing-hub/the-directory/9191/kindred-minds/
A user-led project for people from Black and Minority Ethnic (BME) communities living in and around the London Borough of Southwark. Activities are open access with no referral process or cost. Membership is free. Anyone with experience of mental ill health from BME communities are welcome.

Nafsiyat
nafsiyat.org.uk
Nafsiyat offers short-term intercultural therapy to people from diverse backgrounds who live in the London Boroughs of Islington, Enfield, Camden, and Haringey. They provide therapy in over 20 languages.

Peckham Befrienders Group
together-uk.org/southwark-wellbeing-hub/the-directory/9188/peckham-befrienders-group
Peckham Befrienders are a Black and Minority Ethnic (BME) befriending service for people with mental health issues. The service is available to people who are currently receiving care from a professional within South London and Maudsley NHS services.

Sandwell African Caribbean Mental Health Foundation
sacmhf.co.uk
Provides a range of culturally responsive support to adults of Black African, Caribbean, of Black dual heritage, or from the wider community in or around West Birmingham who are recovering from mental ill health or are at risk of developing mental ill health.

Sharing Voices Bradford
sharingvoices.net

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Sharing Voices Bradford is a community mental health organisation supporting diverse minority communities in Bradford. Services include one-on-one and group support.

South East and Central Essex Mind
seandcessexmind.org.uk
A local branch of national mental health organisation Mind, with **BAME support resources and ally information**.

Professional resources

BME Voices
bmevoices.co.uk
Creates platforms for Black and Minority Ethnic mental health therapists of all disciplines to share good practice and research, showcase their work, and offer a different perspective.

The British Psychological Society
bps.org.uk
A charity which acts as the representative body for psychology and psychologists in the UK. **The Division of Counselling Psychology (DCoP)** promotes the interests of counselling psychologists and hosts networks including the DCoP Black and Asian Counselling Psychologists Group (BACPG), which is dedicated to raising the profile of Black and Asian counselling psychologists in the UK.

Celutions
celutionsuk.org
A social enterprise that holds events and workshops that provide education about different mental health issues.

Finding a therapist

Black Minds Matter UK
blackmindsmatteruk.com
Currently under development, Black Minds Matter is a service that will aim to connect Black individuals with free professional mental health services across the UK.

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Black, African and Asian Therapy Network (BAATN)
baatn.org.uk
Independent organisation specialising in working psychologically, informed by an understanding of intersectionality, with people who identify as Black, African, South Asian, and Caribbean, and other People of Colour who are affected by prejudice due to the colour of their skin and global White power. Includes a **directory of therapists**.

Psychology Today
psychologytoday.com/gb
Service that allows people to search for counselling in their local area. The search function allows people to search for counselling by ethnicity served, including counsellors working with Asian, Black British, Hispanic and Latino, or Indian people, along with those working with people from other racial or ethnic backgrounds.

Initiatives

Synergi Collaborative Centre
synergicollaborativecentre.co.uk
A five-year national initiative to reframe, rethink, and transform the realities of ethnic inequalities in severe mental illness and multiple disadvantage.

The Ubele Initiative
ubele.org
An African-diaspora-led social enterprise working to build more sustainable communities across the UK.

Further reading

Therapy for Black Girls
instagram.com/therapyforblackgirls
Instagram account founded by Dr Joy Harden Bradford which provides resources and news for Black women.

Rest for Resistance
restforresistance.com

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A US-based trans-led organisation working to empower LGBT+ People of Colour using meditation. Their website features art and writing by trans and queer People of Colour, as well as other stigmatised groups.

POC Online Classroom
poconlineclassroom.com
US-based resource offering educational and self-care resources for People of Colour.

Sad Girls Club
sadgirlsclub.org
An online platform and community to bring together young Women of Colour with mental health issues.

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