

BOOKS

-*The Unapologetic Guide to Black Mental Health: Navigate an Unequal System, Learn Tools for Emotional Wellness, and Get the Help You Deserve* by Dr. Rheeda Walker

-*Black Men & Depression* by John Head

-*My Grandmother's Hands: Racialized Trauma & the Pathway to Mending Our Hearts & Bodies* by Resmaa Menakem, MSW, LICSW, SEP

-*Black Pain: It Just Looks Like We're Not Hurting* by Terrie M. Williams

-*I'm Telling The Truth, but I'm Lying: Essays* by Bassey Ikpi

-*Preventing Bipolar Relapse: A Lifestyle Program to Help You Maintain a Balanced Mood & Live Well* by Ruth C. White PhD, MPH, MSW

PODCASTS

-A Different Perspective
www.dramberthornton.com/podcast.html

-AFFIRM by Redefine Enough
www.redefineenough.com/affirmpodcast/

-Between Sessions Podcast
www.melaninandmentalhealth.com/category/between-sessions/

-Black Girl In Om
www.blackgirlinom.com/podcast/

-Celeste The Therapist Podcast
www.firefliesunite.com/podcast

-Minding My Black Business with Dr. Janae Taylor
mindingmyblackbusiness.com/podcast/

-Naming It www.namingitpodcast.com/

-The Black Boys & Men: Changing the Narrative Podcast. <http://mcsilver.nyu.edu/black-boys-and-men-changing-the-narrative>

-The Daily Calm <https://podcasts.apple.com/us/podcast/the-daily-calm/id1446294839>

-The Black Girl Healing Project
www.theblackgirlhealingproject.com/podcast/



CONTACT US

Visit our website for upcoming workshops & meet-ups for local support, collaboration & healing.

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B-I-POC Holistic Resources



*Noteworthy
Resources*

Strengthening Our Community
with Holistic Wellness &
Resources



H O L I S T I C R E S O U R C E S :

Black Mental Health Matters:

- root3dhealing.com. -No More Martyrs
- Black Emotional & MH Collective (BEAM)
- National Suicide Prevention Lifeline 800-273-8255 -NAMI -MHANYS
- Black Mental Health Alliance
- The AAKOMA Project -BEAM Collective
- The Steve Fund. -Black Therapists Rock
- Kings Against Violence Initiative
- Black Girls Smile - Black People Heal
- Think Cultural Health
- Young Black Men, Masculinities, & Mental Health Project

Virtual Mental Health Resources Supporting

Black People Right Now:

- Dive in Well -Sista Afya
- Therapy for Black Girls
- The Nap Ministry -Healhaus
- Inclusive Therapists

Black Families Matter:

- blackmamasmatter.org -Alanon Meetings
- rinityalliancealbany.org -Naranon Meetings
- birthnewyork.org/index -ACOA Meetings
- unityhousesny.org -Urban Grief
- Family Support Navigators 518-465-5829 x416
- healthline.com/health/parenting
- sage-femmamidwifery.com -CEO WIC
- Northern Rivers

Black Youth Matter:

- facebook.com/accaprevention
- Boys & Girls Club of Capital District
- theconscioukid.org -Youth Voices Matter
- Youth FX -Project TRY
- Youth Clubhouses (Co-Greene Counties)
- Black Girls Smile Inc. -tolerance.org
- South End Child's Cafe - Young Futures, Inc.

Black History Matter:

- nmaahc.si.edu -aacccr.org
- blackpast.org

Local Doulas on Instagram:

@that_breastfeedingdoula_ny , Chakra Doula by Tiana Taylor, @happybabydoula, & @jayanaladoula

Black LGBTQ+ Lives Matter:

- inourownvoices.org -thetrevorproject.org
- The National Queer & Trans Therapists of Color Network (NQTTCN) -UAlbany Pride Alliance
- Albany Damien Center -LGBTQ+ FB Groups

Black Health Care Matter:

- blackhealthmatters.com -hcdiny.org
- northeasterncap.com for addiction support
- samhsa.org -plannedparenthood.org
- wmyhealth.org -Alliance for Positive Health

Black Disabilities Lives Matter:

- blackdisability.org
- Disability Empowered Consulting
- Self-Advocacy Association of NYS

Refugees & immigrants Lives Matter:

- Albany RISSE -USCRI (refugees.org)
- West Hill Refugee Welcome Center

Black Creatives Matter:

- blackvisionsmn.org
- Power Breakfast Club on Facebook
- Upstate Alliance for the Creative Economy
- Poetic Vibe on FB -Collective Effort

Noteworthy Resources Meet-Ups:

-Mental Wellness Meet-up: Every 1st Wednesday of the Month 6:30pm on Zoom

-Skate Albany Meet-up @ Albany Skate Park each month local youth, womxn & LGBTQ+ meet other skateboarders to network, learn how to skate, and help support one another

Facebook Groups to Join:

-Goddess Empowerment Club all feminine, femme, womxn & open-minded individuals join for resources, connection, & sharing our passionate /wise stories to empower one another

-Mental Wellness Group- for members of the meet-up to stay connected, ask ?s, access resources & share empowering stories

-Boundary Boss Group- articles, resources, & where we can help set & maintain healthy boundaries with others.

Black Creatives Matter:

- blackvisionsmn.org -Youth Fx
- Power Breakfast Club on FB -Upstate Alliance for the Creative Economy
- Poetic Vibe on FB -Collective Effort
- Acting with Aaron -Illuminate Theatre

ALLYSHIP & WHAT TO CAN DO

EDUCATION

Educate YOURSELF, loved ones, friends, neighbors, students, & community about racism, how you can be a true ally. Whether it's BIPOC literature, culture, history, businesses, organizations, current experiences & stories.

Parents need to take opportunity to have an honest & open conversation about racism (no matter what age). Give them the language/vocabulary to speak up about injustices & how to proactively be apart of this social change to help our black, brown, I-POC community, family & friends.

USE YOUR VOICE

to promote equality, diversity, & inclusion, especially when Black Voice's are being ignored & when you're in a room where there aren't any BIPOC individual. Use your privilege for social change for all people. Humanize victims & share their story. Highlight black leaders from history & activists in the present with their contributions, intelligence, creativity & etc..

ACTIVE LISTENING

We cannot engage in the practice of allyship to the fight against racism if we, the white people, are doing all the talking. Listen to the experiences, stories & messages BIPOC are giving to our community. We must listen to the leadership within marginalized communities & share their messages with other races in our spaces. Empathy over sympathy.