

Counseling Support	
Local	National
<u>24-Hour NAU Counseling Services:</u> 928-523-2261	<u>National Suicide Prevention Lifeline</u> 1-800-273-8255 or text "Start" to 741-741
<u>The Guidance Center:</u> 928 - 527-1899 *Lisa Taylor 928 - 527-1899	<u>Veterans' Suicide Prevention Lifeline</u> 1-800-273-8255
<u>New Leaf Wellness Building</u> *Derya Suzen – Private Practice 928 - 220 – 6219	<u>The Trevor Lifeline</u> (Suicide Prevention for LGBTQ Youth) 1-866-488-7386
<u>Redemption Counseling Center</u> *Lana Lee – Private Practice 928 - 256-5202	<u>The Steve Fund:</u> Text STEVE to 741741 to access a culturally trained Crisis Text Line counselor.
<u>Native Americans for Community Action (NACA)</u> 928 - 773-1245 – Mental Wellness *Brenda Manthei, 928 – 773 - 1245 (ext.) 228	<u>Crisis Response Network:</u> 1-800-203-2203 Northern Arizona Crisis Line: 877-756-4090
	National Alliance on Mental Illness (NAMI) 1-800-950-6264 Or in a crisis, text "NAMI" to 741741

***Counselors specialize in racial identity issues**

Websites

[American Civil Liberties Union](#)

The ACLU works in the courts, legislatures and communities to defend and preserve the individual rights and liberties guaranteed to all people in this country by the Constitution and laws of the United States.

[Active Minds:](#)

Active Minds is a non-profit organization that seeks to promote student mental health awareness, reduce stigma, encourage help-seeking, and prevent suicides.

[Black Lives Matter](#)

#BlackLivesMatter was founded in 2013 in response to the acquittal of Trayvon Martin’s murderer. Black Lives Matter Foundation, Inc is a global organization in the US, UK, and Canada, whose mission is to eradicate white supremacy and build local power to intervene in violence inflicted on Black communities by the state and vigilantes. By combating and countering acts of violence, creating space for Black imagination and innovation, and centering Black joy, we are winning immediate improvements in our lives.

[Black Girl + Mental Health](#)

Black Girl + Mental Health was started to be a “drop box” of sorts for all information regarding the intersection between black identity and mental health.

[Color of Change](#)

Color of Change leads campaigns that build real power for Black communities. We challenge injustice, hold corporate and political leaders accountable, commission game-changing research on systems of inequality, and advance solutions for racial justice that can transform our world.

[Decolonizing Therapy](#)

Dr. Jennifer Mullan (Pronouns: She/ Her) creates spaces for people and organizations to heal. She believes that it is essential to create dialogue to address how mental health is deeply affected by systemic inequities and the trauma of oppression, particularly the well-being of Queer Indigenous Black Brown People of Color (QIBPOC).

[Dive in Well](#)

Organization focused on well-being and diversifying wellness care, you can take online classes.

[Heal Haus](#)

To provide accessible, diverse and inclusive wellness. Online daily classes and workshops are available daily through sign up.

[Inclusive Therapists](#)

The Inclusive Therapists network (database), offer reduced fee teletherapy options to ensure that financial limitations do not keep people from pursuing care.

[JED Campus](#)

JED Campus is a signature program of The Jed Foundation (JED) designed to guide schools through a collaborative process of comprehensive systems, program and policy development with customized support to build upon existing student mental health, substance use and suicide prevention efforts. JED Campuses embark on a four-year strategic partnership with JED that not only assesses and enhances the work that is already being done, but helps to create positive, systemic change in the campus community.

[NAACP](#)

The mission of the National Association for the Advancement of Colored People (NAACP) is to secure the political, educational, social, and economic equality of rights in order to eliminate race-based discrimination and ensure the health and well-being of all persons. Currently hosting online crisis conversations that are available to attend.

[Sista Afya](#)

Sustaining the mental wellbeing of Black women through Mental Wellness Education, connections to resources and community support. Online support groups available, sign up through website.

[The Siwe Project](#)

The Siwe Project is a global non-profit dedicated to promoting mental health awareness throughout the global black community. The goal of the organization is to widen the public dialogue regarding the lived experiences of people of African Descent with mental illness. By providing opportunities for dialogue and the uplifting of new narratives and discourse, The Siwe Project aims to encourage more people to seek treatment without shame.

[Therapy for Black Girls](#)

Space developed for online access for mental wellness for Black women and girls.

Articles

[Tips For Self-Care: When Police Brutality Has You Questioning Humanity and Social Media Is Enough](#)

[The Road to Resilience](#)

[101 Ways to Take Care of Yourself when the World Feels Overwhelming](#)

[Psychological Toll of Racism](#)

[Psychological Impact of Traumatic News](#)

[Impact of Racial Trauma on African Americans](#)

[9 things you can do to help end racism](#)

[Guide to Being an Anti-Racism Activist](#)

[Advice for White Individuals Following a Shooting of a Black Individual](#)

[Curriculum for White Americans to Educate Themselves on Race and Racism](#)

[How White People can be Allies](#)

[Teaching and Discussion Resources about Ferguson](#)

Videos & Apps

[Emotionally Restorative Self-Care for People of Color](#)

[The Safe Place](#)

New to Android and iPhone is “The Safe Place” a minority mental health app geared specifically towards the black community.

The purpose of The Safe Place is to bring more awareness, education and acceptance on the topic of mental health. Not only can the black community benefit from this app, but also mental health professionals, friends, and family of all colors can be better educated on this serious issue and do a service by directing their black friends, co-workers, etc. to this app.