

Mental Health Resources for People of Color

In addition to the services provided through ASU Counseling Services, we also recommend the following:

Coping and Self-Care Resources

[Black Lives Matter Meditation](#)

[Proactively Coping with Racism, Psychology Today](#)

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

[Talking About Race – Self-Care](#)

[Filling our Cups – 4 Ways People of Color can Foster Mental Health Practice Restorative Healing](#)

[Grief is a Direct Impact of Racism: Eight Ways to Support Yourself](#)

[Blackmentalwellness.com](#)

[Liberate Meditation App](#)

[The Safe Place App](#)

[Racial Trauma Guide](#)

[BEAM Toolkit and Resources](#)

[44 Mental Health Resources for Black People](#)

Referral and Educational Resources

[The Steve Fund](#)

[Black Mental Health Alliance](#)

[Black Emotional and Mental Health Collective](#)

[Therapy for Black Girls](#)

[Melanin and Mental Health](#)

[Therapy for Black Men](#)

[Black Men Heal](#)

[Mental Health Resources For and By People of Color](#)

[National Queer and Trans Therapists of Color Network](#)

[ASU Counseling Services \(for students\)](#)

[ASU Employee Assistance Program \(for ASU employees\)](#)

Text and Phone Supports

ASU Dedicated Crisis Line: 480-921-1006

TEXT and PHONE SUPPORTS Crisis Text Line for Young POC Text STEVE to 741741

**National Suicide Prevention Lifeline
1-800-273-8255**

**The Trevor Project 1-866-488-7386 Text “Trevor”
to 1-202-304-1200**