

# Mental Health Resources for Black and African American Students

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

## Coping and Self-Care Resources

[Toolkit: Healing in the Face of Cultural Trauma](#)

[Black Mental Health Matters, TED Talk](#)

[Changing Views on Mental Health, TED Talk](#)

[No Shame in Taking Care of Your Mental Health, TED Talk](#)

[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 and 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

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

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

[ASU Library, Black Lives Matter](#)

[ASU Black African Coalition](#)

[ASU Black African Coalition Guidebook](#)

[Racial Trauma Toolkit](#)

[Sista Afya, Community Mental Wellness](#)

[The Steve Fund](#)

[Black Mental Health Alliance](#)

[Black Emotional and Mental Health Collective](#)

[Therapy for Black Women](#)

[Therapy for Black Men](#)

[Black Men Heal](#)

[Mental Health Resources for and by People of Color](#)

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

## Text and Phone Supports

[ASU Counseling Services Open Call and Open Chat](#)

**ASU's Dedicated Crisis Line**  
480-921-1006

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

**Trevor Project Lifeline**  
1-866-488-7386 or Text "Trevor" to 678-678