ASU Counseling Services: Arizona State University

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