

Organisations to contact

Black Minds Matter- UK

Free mental health support for under 25 Black people

<https://www.blackmindsmatteruk.com/>

BAATN- UK

Free video call check-ins on Fridays for black people.

admin@bhileeds.org.uk

01133070300

The Free Psychotherapy Network- UK

BIPOC –Free mental health assessments (via phone) North London residents

<https://freepsychotherapynetwork.com/>

Glitch –UK

Free digital self care, self defence training & advice for BLM activists and campaigners.

<https://fixtheglitch.org/blm/>

Switchboard- UK

Free phone consultation for LGBTQI+ community.

<https://switchboard.lgbt/>

Nafsiyat intercultural therapy centre

BIPOC-Free mental health assessments (via phone) North London residents

<https://www.nafsiyat.org.uk/>

Maytree-London

Free residential and suicidal support

<https://www.maytree.org.uk/>

Our naked truths:

Fundraising to create a platform for free therapy for black people.

<https://linktr.ee/ournakedtruths>

Podcast by our naked truth discussing self healing and compassion.

<https://open.spotify.com/show/26UmZvHMhrTF7Gp1Ub1DOE>

Free educational resources

Black History Library

Google drive full of black history resources for free, including books and biographies from black activists.

https://drive.google.com/drive/folders/0Bz011IF2Pu9TUWlxVWxybGJ1Ync?fbclid=IwAR3QYBqwLI-1ETP9lssxDdutEdeYTQspWlUaK1TOe4t_I3wipcU3FMG9u4

Articles

[Radical Self Care: 25 Tips for Black People](#)

[11 Black People Share Big and Small Ways They're Caring for Themselves](#)

[Re-Learning Radical Softness and My Capacity to Love](#)

[A Memo About Healing](#)