BOOKS

- -The Unapologetic Guide to Black Mental Health: Navigate an Unequal System, Learn Tools for Emotional Wellness, and Get the Help You Deserve by Dr. Rheeda Walker
- -Black Men & Depression by John Head
- -My Grandmother's Hands: Racialized Trauma & the Pathway to Mending Our Hearts & Bodies by Resmaa Menakem, MSW, LICSW, SEP
- -Black Pain: It Just Looks Like We're Not Hurting by Terrie M. Williams
- -I'm Telling The Truth, but I'm Lying: Essays by Bassey Ikpi
- -Preventing Bipolar Relapse: A Lifestyle Program to Help You Maintain a Balanced Mood & Live Well by Ruth C. White PhD, MPH, MSW

PODCASTS

- -A Different Perspective www.dramberthornton.com/podcast.html
- -AFFIRM by Redefine Enough www.redefineenough.com/affirmpodcast/
- -Between Sessions Podcast www.melaninandmentalhealth.com/category/bet ween-sessions/
- -Black Girl In Om www.blackgirlinom.com/podcast/
- -Celeste The Therapist Podcast www.firefliesunite.com/podcast
- -Minding My Black Business with Dr. Janae Taylor mindingmyblackbusiness.com/podcast/
- -Naming It www.namingitpodcast.com/
- -The Black Boys & Men: Changing the Narrative Podcast. http://mcsilver.nyu.edu/black-boys-and-men-changing-the-narrative
- -The Daily Calm https://podcasts.apple.com/us/podcast/the-daily-calm/id1446294839
- -The Black Girl Healing Project www.theblackgirlhealingproject.com/podcast/



CONTACT US

Visit our website for upcoming workshops & meet-ups for local support, collaboration & healing.

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www.nwralbany.org

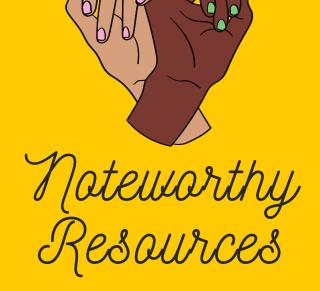
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B-I-POC Holistic Resources



Strengthening Our Community with Holistic Wellness & Resources



OLISTIC

Black Mental Health Matters:

- -root3dhealing.com. -No More Martyrs
- -Black Emotional & MH Collective (BEAM)
- -National Suicide Prevention Lifeline 800-273-8255 -NAMI -MHANYS
- -Black Mental Health Alliance
- -BEAM Collective -The AAKOMA Project
- -Black Therapists Rock -The Steve Fund.
- -Kings Against Violence Initiative
- -Black Girls Smile - Black People Heal
- -Think Cultural Health
- -Young Black Men, Masculinities, &
- **Mental Health Project**

Virtual Mental Health Resources Supporting **Black People Right Now:**

- -Sista Afva -Dive in Well -Therapy for Black Girls
- -The Nap Ministry -Healhaus
 - -Inclusive Therapists

Black Families Matter:

- -blackmamasmatter.org -Alanon Metings
- -rinityalliancealbany.org -Naranon Meetings -birthnewyork.org/index -ACOA Meetings
- -Urban Grief -unityhouseny.org
- -Family Support Navigators 518-465-5829 x 416
- --healthline.com/health/parenting
- -sage-femmemidwifery.com -CEO WIC
- -Northern Rivers

Black Youth Matter:

- -facebook.com/accaprevention
- -Boys & Girls Club of Capital District
- -theconsciouskid.org -Youth Voices Matter
- -Youth FX -Project TRY
- -Youth Clubhouses (Co-Greene Counties)
- -Black Girls Smile Inc. -tolerance.org
- -South End Child's Cafe Young Futures, Inc.

Black History Matter:

- -nmaahc.si.edu -aacccr.org
- -blackpast.org

Local Doulas on Instagram: @that breastfeedingdoula ny, Chakra Doula by Tiana Taylor, @happybabydoula, & @jayanaladoula

RESOURCES:

Black LGBTQ+ Lives Matter: -inourownvoices.org -thetrevorproject.org -The National Queer & Trans Therapists of Color Network (NQTTCN) -UAlbany Pride Alliance

-Albany Damien Center -LGBTQ+ FB Groups

Black Health Care Matter:

- -blackhealthmatters.com -hcdiny.org
- -northeasterncap.com for addiction support
- -samhsa.org plannedparenthood.org
- -wmyhealth.org -Alliance for Positive Health EDUCATION

Black Disabilities Lives Matter:

- -blackdisability.org
- -Disability Empowered Consulting
- -Self-Advocacy Association of NYS

Refugees & immigrants Lives Matter:

- -Albany RISSE -USCRI (refugees.org)
- West Hill Refugee Welcome Center

Black Creatives Matter:

- -blackvisionsmn.org
- -Power Breakfast Club on Facebook
- -Upstate Alliance for the Creative Economy
- -Poetic Vibe on FB -Collective Effort

Noteworthy Resources Meet-Ups:

- -Mental Wellness Meet-up: Every 1st Wednesday of the Month 6:30pm on Zoom
- -Skate Albany Meet-up @ Albany Skate Park each month local youth, womxn & LGBTO+ meet other skateboarders to network, learn how to skate, and help support one another

Facebook Groups to Join:

-Goddess Empowerment Club

- all feminine, femme, womxn & open-minded individuals join for resources, connection. & sharing our passionate /wise stories to empower one another
- -Mental Wellness Group- for members of the meet-up to stay connected, ask?s, access resources & share empowering stories
- -Boundary Boss Group- articles, resources, & where we can help set & maintain healthy boundaries with others.

Black Creatives Matter:

-blackvisionsmn.org -Youth Fx -Power Breakfast Club on FB -Upstate Alliance for the Creative Economy -Poetic Vibe on FB -Collective Effort

-Illuminate Theatre

ALLYSHIP & WHAT TO CAN DO

-Acting with Aaron

Educate YOURSELF, loved ones, friends, neighbors, students, & community about racism, how you can be a true ally. Whether it's BIPOC literature, culture, history, businesses, organizations, current experiences & stories.

Parents need to take opportunity to have an honest & open conversation about racism (no matter what age). Give them the language/vocabulary to speak up about injustices & how to proactively be apart of this social change to help our black, brown, I-POC community, family & friends.

USE YOUR VOICE

to promote equality, diversity, & inclusion, especially when Black Voice's are being ignored & when you're in a room where there aren't any BIPOC individual. Use your privilege for social change for all people. Humanize victims & share their story. Highlight black leaders from history & activists in the present with their contributions, intelligence, creativity & etc..

ACTIVE LISTENING

We cannot engage in the practice of allyship to the fight against racism if we, the white people, are doing all the talking. Listen to the experiences, stories & messages BIPOC are giving to our community. We must listen to the leadership within marginalized communities & share their messages with other races in our spaces. Empathy over sympathy.