

FABRIC WELLNESS RESOURCES

BLACK / AFRICAN AMERICAN PSYCHOLOGY RESOURCES	Tips on How to search for a therapist:	https://8d269cf6-5339-4378-a18e-fe6c3b257865.filesusr.com/ugd/bd5fdd_12c7151ab4c34cea843660b2086d1acc.pdf
	Inclusive Therapists: We celebrate all identities and abilities in all bodies. All people deserve equal access to quality mental healthcare	https://www.inclusivetherapists.com/
	BEAM: We envision a world where there are no barriers to Black healing	https://www.beam.community/
	Melanin and Mental Health: A podcast and platform designed to connect people to therapists who understand Black and Latinx experiences. The content posted on this account reflects the struggle of Black and Latinx women, and also provides relevant resources and guides for dealing with trauma, grief, self-acceptance, and vulnerability.	https://www.melaninandmentalhealth.com/
	Soco Rey Therapy Practice: Inglewood, CA	https://www.socorey.com
	Heel and Chill AF Podcast: Three dope Black therapists draw on their personal experiences and professional training to unpack issues impacting mental health in the Black community. We invite listeners to join us as we explore healthier ways to think, cope, and ultimately unlearn the shit that doesn't serve us.	https://www.youtube.com/channel/UCH7yE6W4Hb75Lg5ZZOAh_A?view_as=public&sub_confirmation=1
ON INSTAGRAM	@nurturingblackminds: Coaching&Consulting Providing the necessary tools, information, & resources to build Black mental health & achieve progression through empowerment.	https://www.instagram.com/nurturingblackminds/?hl=en
	Jessica Harris, M.A., L.C.P.C., L.P.C. is a psychotherapist who specializes in anxiety. Her content provides a combination of visuals and text to break down complicated subjects and make them easy to digest.	https://www.instagram.com/jmprofessionalcounseling/
	Dr. Mariel Buqu�, Ph.D. A therapist who posts resources for healing, racism-related trauma, and general information how to cope with the current state of our nation.	https://www.instagram.com/dr.marielbuque/
	@manifestingmewellness Holistic mental health for QT-BIPOC	https://www.instagram.com/manifestingmewellness/?hl=en
	@itsthesafeplace A Free Minority Mental Health app for the black community	https://www.instagram.com/itsthesafeplace/?hl=en
	Minaa B., L.M.S.W. is a therapist and author who posts beautiful notes that she calls "gentle reminders." The topics that she writes about range from trauma healing, to self-love, and acceptance. Minaa has a special note for every subject that will make you feel embraced.	https://www.instagram.com/minaa_b/
	Meghan Watson, M.A., is a registered psychotherapist specializing in mood, anxiety and eating disorders. She posts helpful tips for how to deal with overwhelming subject matter, how to manage burnout, and how to reassess your value system or encourage others to.	https://www.instagram.com/thrive_withmeg/?hl=en
	THERAPY FOR BLACK GIRLS is run by licensed psychologist Dr. Joy Harden Bradford. Dr. Bradford is the host of the podcast Therapy for Black Girls. This feed features mindful therapy techniques and general mental health resources for the Black community.	https://www.instagram.com/therapyforblackgirls/
	Black Girl In Om provides meditations and calming techniques geared towards women in the Black community. From "Meditations for a Stressed Out Black Girl" to a "Relaxing Meditation for Black Girls Everywhere" this feed will direct you to meditation tracks and also provide inspiring thoughts and mindful tips.	https://www.instagram.com/blackgirlinom/
	@fullcircletherapyservices Therapist Sonia Ross, L.C.S.W.-C., uses her social media platform to share thoughtful quotes and tips for addressing past trauma, present grief, and healing techniques.	https://www.instagram.com/fullcircletherapyservices/
	Body Mind Soul Healing Eliza Boquin is a psychotherapist who helps women overcome trauma. Her Instagram is features helpful tips about dealing with hardships while remaining calm and balanced.	https://www.instagram.com/elizagboquin/
	@blkfolxtherapy Jardin Dogan is working on her Ph.D. in counseling psychology to be "further trained by Black folx to provide therapy to Black folx." She posts validating and informative content that encourages her followers to value their feelings and explore them, even when they are uncomfortable.	https://www.instagram.com/blkfolxtherapy/
	@brittanyantoinette Brittany Phillips, L.P.C., N.C.C., is a licensed professional counselor and a trauma-informed therapist. She posts quotes from public figures, passages from literature and her own advice on dealing with trauma and grief.	https://www.instagram.com/brittanyantoinette/
	@blackandembodied Alishia McCullough is a licensed mental health therapist who specializes in trauma informed education. Her social media presence aims to facilitate "racial healing" and she posts a combination of personal messages to her followers and infographics.	https://www.instagram.com/blackandembodied/
	@drebonyonline Dr. Ebony is a licensed psychologist who helps women deal with trauma and to improve their relationships with their body. She posts a mix of text, graphics, and video messages to her followers.	https://www.instagram.com/drebonyonline/
	Nicola Pierre-Smith, L.P.C., runs Melanated Women's Health, a therapy practice that focuses on anxiety, trauma, and depression. On Instagram, she shares short quotes and tips that are profound and yet get straight to the point. Recently, she also shared a master reading list for literature that is relevant and necessary to read right now.	https://www.instagram.com/melanatedwomenshealth/
	@somethingnewwithshanti Shanti Hollis, M.S., is a mental health counselor who posts anti-racist resources and inspirational quotes. She specializes in anxiety, depression, and chronic stress.	https://www.instagram.com/somethingnewwithshanti/
	@mysticyaya Distance Reiki Healing, Crystal Grids,	@mysticyaya
SELF CARE, REIKI, YOGA, ETC.	Yoga	https://www.afroflowyoga.com/
	Yoga	https://www.level3yoga.com/
	Reiki, Tarot, Healing	https://www.newworldnative.com/people/julie-washington
	Reiki, Tarot, Healing	http://insideoutwomen.com/feed/celebration/julie-evonne-washington-manifesto-for-love-strength-healing-empowerment
	Yoga	https://www.pilinanice.com/
	Article: Your 'Surge Capacity' Is Depleted — It's Why You Feel Awful	https://elemental.medium.com/your-surge-capacity-is-depleted-it-s-why-you-feel-awful-de285d542f4c
	Distance Reiki Healing - Houston based	https://themysticyaya.com
	Motion Picture Industry Pension and Health offers wellness classes	https://www.mpiphp.org/home/wellness

