

Mental Health Resources Guide

Professional Counseling

- Better Help
- Talkspace
- Open Path Collective
- Therapy for Black Girls
- Therapy for Black Men

Meditation Apps

- Headspace
- Insight Timer
- Eternal Sunshine
- Liberate
- Level3 Yoga On Demand

Podcasts

- Black Girl in Om
- On Purpose
- Super Soul Sunday
- Expanded
- Audio Dharma

Affirmation Music

- Beautiful Chorus
- Londrelle
- Toni Jones
- Geminelle
- Tracy G

Meditation Guides

- Audrey Cash
- Abraham Hicks
- Alex Elle
- Shelah Marie