

BREAKING CYCLES, BUILDING STRENGTH: SUPPORTING BLACK PARENTS' MENTAL HEALTH

RESOURCE GUIDE

REPLAY LINK: [HTTPS://VIMEO.COM/1062866104](https://vimeo.com/1062866104)

Exploring Black Mental Health

NAMI Sharing hope: Mental wellness in the Black/African Ancestry communities: bit.ly/3R5Uk7u

MHA Black mental health: A journey of self-preservation: bit.ly/4hzloGZ

DBSA Black communities and mental health: bit.ly/3DO9r2p

Wellness Tools

DBSA Wellness Wheel: bit.ly/3FpJoiE

DBSA Mood Crew: Tools to help children learn and grow with their emotions: bit.ly/41YTSya

Dear Fathers: Stories and resources for Black fathers: <https://dearfathers.com/>

DBSA Support Groups

Online Black community: bit.ly/4ij6LJc

Online parents & caregivers: bit.ly/3FsyGbi

Local In-person support groups near you: bit.ly/3FntCop

Workforce development training: bit.ly/4iBHbiA

Crisis Support

Find a therapist: bit.ly/3zbGMBL

988 Suicide & Crisis Lifeline
Call or text 988 or chat 988lifeline.org

SAMHSA's National Helpline: 1-800-662-HELP (4357)

Share text crisis line with teens: crisistextline.org