

MASSACHUSETTS-BASED MENTAL HEALTH RESOURCES/SERVICES

[A Tribe Called Black](#) is a growing community of Black and Brown people creating brave spaces to learn, heal, and socialize.

[B Free Wellness](#) is a wellness community that transforms people's lives by providing free & affordable services, including movement + mindfulness + coaching programs to those whose lives have been interrupted by hardship.

[Beautifully Simply You](#) is a blog all about promoting self-love, self-worth and mental wellness.

[Boston Partners in Mentoring](#) was founded in 1997 to address the issue of "fatherlessness" and its adverse effects on families, among Boston's most vulnerable communities.

[Brothers With A Vision](#) is an organization of Black men who are professionals, husbands, fathers, grandparents, retirees who work hard to give back to the community.

[Celeste the Therapist](#) is run by Celeste Viciere who is a renowned therapist, mental health advocate, best-selling author, and host of her podcast, "Celeste The Therapist."

[Commonwealth Mental Health & Wellness Center](#) is committed to providing excellent service in order to fulfill our client's needs.

[DeeDee's Cry](#) provides resources and education on the importance of mental health and wellness within communities of color.

[Father's Uplift](#) provides mental health counseling, coaching, and advocacy to assist fathers with overcoming barriers (racism, emotional, traumatic, and addiction-based barriers) that prevent them from remaining engaged in their children's lives.

[Greater Malden Behavioral Health](#) is a mental health clinic that specializes in providing comprehensive outpatient mental health intervention and prevention services.

[InnoPsych](#) is an online directory of BIPOC therapists.

[Linda Wellness Warrior](#) teaches people how to assert personal agency by reclaiming themselves adaptable yoga and stress management.

[Mindful + Melanated](#) is a social mental wellness and support community for Black women.

[PureSpark](#) is an online directory of Massachusetts-based wellness practitioners.

[R.O.C. Lives LLC](#) is run by Lakisha R. Austin, a clinical social worker, therapist, life coach, and podcast host.

[Selfish Women's Group](#) provides women with a space to address the issues that threaten their ability to practice self-care.

[Wellness for the Culture](#) works to motivate, uplift, and educate people of color through mental health services.

[H.E.A.L.I.N.G.](#) works with individuals, groups, schools, agencies, and organizations to validate, normalize, and educate their process through grief.

[The Power of Her Club](#) was designed to help Women of God navigate their healing journey through literature, discussions, and women's empowerment support.

[Native Plant Trust](#) is a botanic garden based in Framingham, MA.

[Soca Hikes](#) meet every third Saturday in the Blue Hills. Their goal is to promote physical wellness and fitness with a fusion of Soca!

[The Writer's Block](#) is a Boston-based Facebook group for current and aspiring writers.

[Handhold](#) was created by a team of mental health and child development experts in partnership with parents who have gone through what you are going through. Their goal? To guide you in caring for your child's mental health and emotional well-being.

[The Dance Complex](#) is located in Cambridge and offers daily dance classes, workshops and festivals for all ages and levels.

[The Kujichagulia Wellness Center](#) provides therapeutic interventions and counseling services that facilitate healing from trauma. They strive to reconcile the effects of racial trauma within Black bodies and minds.

[South Shore Child and Family Counseling, LLC](#) aims to create an inclusive space that utilizes evidenced-based practices to empower and improve the mental wellness of children, adolescents and adults and their families in order to achieve their personal, educational and professional goals.

[Liberated Light Counseling](#) is run by Aliese Lash, a Boston-based psychotherapist (LICSW) who's passionate about improving the mental wellness of BIPOC millennials through healing-centered and culturally responsive therapy and clinical supervision.

[Activated By Wellness](#) is an individual and group therapy practice dedicated to creative, solution-focused, and integrative pathways to healing and recovery.

[And Still We Rise](#) creates healing spaces for all. They aim to dismantle oppressive systems, liberate marginalized people and provide culturally affirming psychotherapy, consultation, and life-coaching services.

[Boston Center for Independent Living](#) helps with MassHealth, Housing, SSI, counseling, PCA services, etc!

[Litty Ligo](#) is a 501 (c)(3) non-profit community organization for individuals and families living with vitiligo and institutions that serve children living with differences.

[Healing With Trust Therapy, LLC](#) was founded by Tamara Leroy-London, a first generation Haitian American Psychotherapist, who specializes in culturally competent practices for clients of Caribbean descent and clients of Color.

This running list of Massachusetts-based mental health resources and services that serve the Black community is brought to you by the Massachusetts Department of Mental Health, Mindful + Melanated, and the attendees of the July 2022 community listening session.

