



Community Care and Mental Health Resource Guide

Our BIPOC team and cast members have the lived realities of racial oppression and harassment and know how emotionally and mentally exhausting it can be to engage in topics concerning racial violence without having access to community care or processing space. While this film celebrates resistance and provides strategies for combating organized hate, it also covers some potentially triggering topics, and we want to do our due diligence in centering care of our Black communities.

The *How to Sue the Klan* team is honored to partner with CHI Memorial and offer a Mental Health Fund prioritizing Black and BIPOC audience members that covers the cost of some mental health services. Space is limited and decided on a first come first serve basis.

[Click here to learn more and sign up for the Mental Health Fund](#)

We have also compiled a list of Black and BIPOC mental and emotional wellness organizations who offer toolkits, therapists centering anti-oppression practice, and community and self care classes. Please utilize the links below to search these virtual and in-person offerings.

Melanin & Mental Health

Connecting individuals with culturally competent clinicians and events committed to serving the mental health needs of Black & Latinx/Hispanic communities.

[CLICK HERE TO LEARN MORE](#)

BlackLine 1-800-604-5841

24/7 Text or Call Hotline that provides peer support, counseling, and affirmation for those most impacted by systematic oppression with an LGBTQ+ Black Femme Lens.

[CLICK HERE TO LEARN MORE](#)

BEAM

Removing barriers Black people experience getting access to emotional health care and healing through education, training, advocacy, and the creative arts.

[CLICK HERE TO LEARN MORE](#)

Therapy for Black Girls

An online space dedicated to encouraging the mental wellness of Black women and girls providing a therapist directory and community wellness support group.

[CLICK HERE TO LEARN MORE](#)

Therapy for Black Men

Creating a safe and welcoming environment where Black men can access the resources they need to improve their mental health and well-being.

[CLICK HERE TO LEARN MORE](#)

National Queer & Trans Therapists of Color Network

Advancing healing justice and collective liberation by transforming mental health for queer and trans Black, Indigenous and People of Color.

[CLICK HERE TO LEARN MORE](#)

Sista Afya

Community of Black women supporting one another and engaging in accessible mental wellness care that centers the well-being of the whole person.

[CLICK HERE TO LEARN MORE](#)

Racial Equity Support Line 1-503-575-3764

Supporting emotional impacts of racist violence and microaggressions, immigration struggles, and other cross-cultural issues.

[CLICK HERE TO LEARN MORE](#)

Open Path

Network of mental health professionals dedicated to providing in-office and online mental health care—at a steeply reduced rate—to clients in need.

[CLICK HERE TO LEARN MORE](#)

Abolition Centered Care Provider Database

Abolition-centered, non-carceral care providers that are dedicated to providing care outside of oppressive systems.

[CLICK HERE TO LEARN MORE](#)

DMHS

Directory of Mental Health & Cultural Wellness Professionals who are Black, Indigenous, People of Color, QTPOC & LGBTQIA+ & Affirming serving communities.

[CLICK HERE TO LEARN MORE](#)

Free Black Therapy

A platform providing remote mental health services with Black Mental Health professionals for Black and African American individuals. Absolutely FREE.

[CLICK HERE TO LEARN MORE](#)

BLHF

Directory of Mental Health Providers and Programs serving the African-American community.

[CLICK HERE TO LEARN MORE](#)

InnoPsych

Providing fast and easy pathways for people of color to match with a therapist of color.

[CLICK HERE TO LEARN MORE](#)

Inclusive Therapists

Decolonial mental health liberation movement offering a safer, simpler way to find a social justice-oriented therapist, counselor, coach, psychologist or psychiatrist.

[CLICK HERE TO LEARN MORE](#)

Black Female Therapists

Promoting, inspiring, and elevating other black female therapists and creating a safe space for black mental health through classes, therapy, and affirmations.

[CLICK HERE TO LEARN MORE](#)

The Loveland Foundation

With a particular focus on Black women and girls, offering resources and initiatives that are collaborative and prioritize opportunity, access, validation, and healing.

[CLICK HERE TO LEARN MORE](#)

The Nap Ministry

Explores and promotes the healing power of napping for BIPOC communities – with a focus on Black people – whose rest is challenged by the ever-present trauma in their lives.

[CLICK HERE TO LEARN MORE](#)

Black Men Heal

Providing a safe space and free mental health treatment, education, and resources to Men of Color through individual and group therapy with Therapists of Color.

[CLICK HERE TO LEARN MORE](#)

Fireweed Collective

Offering mental health education and mutual aid through a Healing Justice lens cultivating a culture of care where the goal is to thrive as individuals and as communities.

[CLICK HERE TO LEARN MORE](#)

This list is not exhaustive and we welcome community feedback on adding more resources - particularly in the Southeast Region. Additionally, we are happy to adjust this list at any time to best be in solidarity with the Black and BIPOC Communities and hold alignment with anti-oppression and anti-racism. If you have any questions about the Mental Health Fund or this Resource Guide please reach out to the Bedrock team at alea@bedrocklab.com and we will be happy to assist you in whatever way we can.

HOW TO SUE THE KLAN

www.thecivilcase.com

 **CHI Memorial**

www.memorial.org