

This newsletter is brought to you by [The Kennedy Forum](#).



Take a stand for Black mental health

When we say *Mental Health for US*, we truly mean all of us. Join us in standing with those across the country fighting against racism, discrimination, and violence. The pain and generational trauma caused by systemic racism is real and we can't afford to stay silent any longer. Black mental health matters.

If your mental health has been impacted by recent events of racism and violence and you need help, please text SHARE to 741741 to reach a crisis counselor with [Crisis Text Line](#). You can also call [The Lifeline](#) at 1-800-273-8255 to be connected to free and confidential support and crisis resources for you or your loved ones.

The *Mental Health for US* coalition is united in our efforts to develop a more just and equitable mental health and addiction care system. See below to check out what some of our members and supporters are doing to support Black mental health.



[Black Girls Smile](#) uses a series of programs, activities, and initiatives to empower and advocate for young African American women and to improve the life chances for girls at risk of and experiencing difficulties with mental and emotional health. Visit their website for more information.



[The Black Mental Health Alliance](#) develops, promotes, and sponsors trusted culturally-relevant information, educational forums, trainings, and referral services that support the health and well-being of Black people and other vulnerable communities. Check out their website for more.



[The Jed Foundation](#)

The Jed Foundation's "Love is Louder" project acknowledges that feeling safe, seen, and valued is an essential part of our mental health. In light of recent events, they've developed a list of coping strategies to help those impacted by violence, trauma, and tragedy. [Learn more.](#)



Based on insights from experts in Black mental health, **Psych Hub** has compiled a list of resources for understanding the intersection of race, racism, and mental health and how you can combat racism in your community. [Read more and share.](#)