

RESOURCES FOR AFRICAN-AMERICAN STUDENTS

RAMAPO OFFICES

Center for Health and Counseling Services, D-216 ramapo.edu/chcs/ : Mental health counseling, health services, health promotion, substance use disorders programming, ENHANCE Program, health resources

Office of Equity, Diversity, Inclusion and Compliance (EDIC), D-104 ramapo.edu/affirmaction/

* To report bias-related incidents ramapo.edu/affirmaction/bias-related-complaint/

First-Generation Student Center, D-212C ramapo.edu/first-gen/ : Information on events, scholarships and fellowships, professional mentor programs, Tri- Alpha (First-Generation Honor Society), etc.

Black Student Union (BSU), SC-227 ramapo.edu/oed/black-student-union/ : The Black Student Union is the umbrella organization for Brothers Making a Difference, Ebony Women for Social Change, Organization of Latino Unity, and Students of Caribbean Ancestry.

SOCIAL MEDIA

@therapyforblackgirls

@letstalk.mentalhealth

@therapyforblkmen

@blackfemaletherapists

@blackmentalwellness

@drbrandtfoundation

PODCASTS

The Breakdown with Dr. Earl: A Mental Health Podcast tinyurl.com/DrEarlPodcast

Therapy for Black Girls therapyforblackgirls.com/podcast/

The Homecoming Podcast with Dr. Thema Bryant-Davis soundcloud.com/dr-thema-bryant-davis

Balanced Black Girl https: balancedblackgirl.com/podcast/

MENTAL HEALTH RESOURCES

Ramapo Counseling Center ramapo.edu/counseling/ : Resources for mental health support

Suicide and Crisis Lifeline 988lifeline.org/ : Support for people in suicidal crisis or emotional distress

JED foundation jedfoundation.org : Empowers teens and young adults by building resiliency and life skills, promoting social connectedness, and encouraging help-seeking and help-giving behaviors

UWill ramapo.edu/counseling/uwill : Free access to telehealth services for all Ramapo students

CULTURALLY-FOCUSED MENTAL HEALTH RESOURCES

The Steve Fund stevefund.org/ : The Steve Fund is the nation's leading organization focused on supporting the mental health and emotional well-being of young people of color

Black Emotional and Mental Health Collective beam.community/tool-kits-education : Their mission is “to remove the barriers that Black people experience getting access to or staying connected with emotional health care and healing through education, training, advocacy, and the creative arts”

Black Mental Wellness blackmentalwellness.com/ : Provides access to evidence-based information and resources about mental health topics relevant to the Black communities

Therapy for Black Girls therapyforblackgirls.com/ : An online space dedicated to encouraging the mental wellness of Black women and girls

Therapy for Black Men therapyforblackmen.org/ : Provides culturally relevant resources and helps connect men of color with culturally responsive therapists and coaches

Melanin and Mental Health melaninandmentalhealth.com/ : Provides culturally relevant resources and helps connect individuals with culturally responsive clinicians committed to serving the mental health needs of Black communities

Black Men Heal blackmenheal.org/ : Provides mental health treatment, education, and resources for men of color

NAMI NJ AACT-NOW naminj.org/programs/multicultural/aactnow/ : Supports NJ's African-American families affected by mental illness to provide culturally competent education, support and advocacy

SOCIAL JUSTICE

Color of Change colorofchange.org/ : “The nation's largest online racial justice organization”

Black Lives Matter Resource List blacklivesmatter.com/resources/ :

NAACP www.naacp.org/

Racial Equity Tools racialequitytools.org/home

The Leadership Conference on Civil & Human Rights civilrights.org/

Showing up for Racial Justice (SURJ) surj.org/

National Association of 100 Black Women (Bergen/Passaic Chapter) ncbwbergenpassaic.org/

100 Black Men New Jersey 100bmni.org/

** To provide feedback and/or suggest other resources, email Counseling Services at chcs@ramapo.edu*