

Presence for Racial Justice Clinician Resources

Everyone has different ways to care for themselves. This list provides various approaches to seeking professional care, individual self-care exercises, and more. Feel free to use what you feel will be beneficial for you.

Free Resources

Clinician Support

- [The Happy MD](#): Website containing tools and access to coaching to reduce physician burnout

Black Women

- [Dear Black Women](#): An affirmation movement for black women by black women that provides therapy resources, daily affirmations, tips, mind & body resources, affirming reads and podcasts

Black Men

- [Black Men Heal](#): Provides free access to mental health treatment, psycho-education, individual psychotherapy or group therapy, training and consultations, and community resources to men of color. They also offer “King's Corner,” which is a virtual safe meetup for men held every Sunday evening via Zoom
- [Therapy for Black Men](#): TherapyForBlackMen.org is a directory to help men of color find a therapist. Using the directory, men can search by therapist location, specialization, and many other criteria. Searching by location, the results will include the therapists near you and will display their credentials, location, and the issues they treat. They will soon be supporting free therapy sessions for Black Men who do not have insurance or Medicaid/Medicare

QTPOC

- [Going to therapy as a QTPOC, without being harmed, erased or baffled](#): Article providing information and tips for seeking therapy as a QTPOC

Meditation

- [Liberate Meditation App](#): Free IOS/Android meditation app for Black individuals, made by Black individuals

Cost Resources

Clinician Support

- [The American Balint Society](#): Website containing access to resources and virtual “Balint groups” for clinicians to connect and support one another