

# RESOURCE GUIDE FOR TEENS

01

## **Therapy for Black Girls**

<https://therapyforblackgirls.com>

02

## **B.E.A.M (Black Mental Health)**

<https://beam.community/>

03

## **The Boris Lawson Henson Foundations**

<https://borishensonfoundation.org/>

04

## **Safe Black Space**

<https://www.safeblackspace.org/>

05

## **988 Suicide & Crisis Line**

Dial 988

06

## **Crisis Text Line**

**Text 741741**

07

## **SASS Hotline**

**800-345-9049**