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<https://www.nqttcn.com/directory>

<https://www.firefliesunite.com/podcast>

<https://namimn.org/education-public-awareness/podcast-episodes/wellness-in-color-podcast-series/#:~:text=With%20the%20%E2%80%9CWellness%20in%20Color,cultural%20language%20of%20mental%20illness.>

<https://www.ethelsclub.com/>

<https://therapyforblackgirls.com/>

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<http://blackmentalmatters.com/episodes/>

<https://www.blacktherapistpodcast.com/>

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<https://asiansdotherapy.com/>

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

<http://naapimha.org/>

<https://www.changedirection.org/hispanicpsa/>

<https://suicidepreventionlifeline.org/help-yourself/en-espanol/>

<https://latinxtherapy.com/podcast/>

<https://www.youtube.com/watch?v=7QgVi7suKvs>

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

<https://www.allmyrelationspodcast.com/>

<https://www.diveinwell.com/about>

<https://www.instagram.com/vivawellnessnyc/>

Online Support Groups

<https://therapyforblackgirls.com/>

https://www.facebook.com/groups/255440325545708/?source_id=372081832842309

<https://www.sistaafya.com/events/online-sister-support-group-processing-the-movement>

<https://www.ethelsclub.com/>

Self-Guided Virtual Resources

<https://apps.apple.com/us/app/the-safe-place/id1349460763>

<https://liberatemeditation.com/>

<https://www.psychology.uga.edu/racial-trauma-guide>

<https://www.beam.community/tool-kits-education>