

Resources for Black Maternal Mental Health

No matter the birthing outcome, whether joy-filled, complex, or marked by loss-Black women deserve to be seen, supported, and held.

Here are a few trusted spaces offering mental health care, education, and connection. This is not an exhaustive list. If you know of a resource we should include, please reach out to us at: contact@weareraisingresilience.org.

Supporting Black mothers is a community responsibility.

Local to the Carolinas

- Raising Resilience Counseling Services
Mental Health Therapy for Black women across their reproductive journey
weareraisingresilience.org
- The Circle: A Mental Health & Wellness Collective - Psychiatric + therapeutic care for women and teens in Charlotte
thecircleformentalhealth.com
- Afton Jones, Licensed Clinical Social Worker, IBCLC, PMH-C
Perinatal Depression to Anxiety and Stress Management to Lactation Consulting
perinatalwellness-support.com
- Kris Elle, Doula
Culturally-rooted birth and postpartum care
motherofease.com
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- Queen City Cocoa BEANS
Perinatal education, lactation support, and BIPOC-centered doula care
qccocoabeans.com
- South Carolina Black Maternal Health Collective
Community-centered education and support (Founded by Jamia McKinney)
scbmhc.org
- Mint to Be Carolinas
Community-centered education and support (Founded by Sheree Allen)
<https://www.minttobecarolinas.com/>

- Jace's Journey
Infant loss/Stillbirth education, advocacy, and active community engagement.
<https://www.jacesjourney.org/>

National Resources

- Postpartum Support International (PSI) - Online groups just for Black moms, including support after loss, birth trauma, and more
<https://postpartum.net/get-help/psi-online-support-meetings/>
- Black Mamas Matter Alliance - Policy, research, and advocacy for Black maternal health
blackmamasmatter.org
- Therapy for Black Girls - Therapist directory, podcast, and a growing community space
therapyforblackgirls.com

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