

# 20 BLACK HISTORY MONTH 22

WELLNESS RESOURCES & EDUCATION



## Black History Month New Year/New You Video Series

[Black Health Matters](#) provides free resources and information about Black health and well-being from a service-oriented perspective—with lots of positive solutions and tips. **VIEW 'NEW YEAR/NEW YOU' VIDEO SERIES →**

## 7 Organizations That Support Black Wellness

*Racism is a public health crisis. Below we've identified seven organizations doing great work to address mental health and overall wellness in the Black community.*

- 1. [Black Mental Health Alliance](#)** develops, promotes, and sponsors culturally relevant educational forums, training, and referral services to support the health and well-being of Black individuals.
- 2. [Okra Project](#)** is a grassroots nonprofit that addresses food insecurity in the Black community and has launched two mental health recovery funds to provide Black trans men and women sessions with a licensed Black therapist, free of cost.
- 3. [GirlTrek](#)** is a national nonprofit that encourages Black women and girls to adopt walking as a form of exercise and self-care.
- 4. [Therapy for Black Girls](#)** works to connect Black women with culturally competent therapists.
- 5. [The Black Mamas Matter Alliance](#)** is a Black women-led organization that works on policy and research concerning Black maternal health inequities and also works to ensure that Black women's voices are centered in the conversation
- 6. [The National African American Tobacco Prevention Network](#)** (NAATPN) organizes the State of Black Health conference that brings together public health officials and community advocates to discuss policies to improve Black health.
- 7. [Black Women's Health Imperative](#)** promotes health equity for Black women and girls through health policy, education, and research.

## 45 Black-Owned Wellness Businesses

Want to make the fitness and health industry more inclusive? Be an empowered consumer and start by supporting Black-owned wellness businesses. **LEARN MORE →**

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