



Trinity Episcopal Cathedral Trenton, NJ

**MENTAL HEALTH AWARENESS AND SUPPORT RESOURCES
MAY 2002**

LOCAL and GENERAL SERVICES

Trinity Counseling Service

353 Nassau Street, Princeton, NJ 08540
(T) 609-924-0060
(F) 609-924-7436

Family First LLC.

Laura B. Moss, LCSW, Psychotherapist
(732) 979-2230
Laura@FamilyFirstNJ.com

Clack Associates

Dr. Angela Roman Clack (LPC#37PC000323700)
(856) 875-5335
admin@clackassociates.com

Jewish Family & Children's Service

707 Alexander Rd. Suite 102
Princeton, NJ 08540-6331
1-609-987-8100 1-877-408-JFCS(5327)

[The Episcopal Mental And Spiritual Health Crisis Ministry](#)

The Episcopal Mental and Spiritual Health Ministry is a group of ordained and lay leaders, with ties to the mental and spiritual health fields. Established by Bishop Stokes during the COVID-19 pandemic, we are committed to the ongoing support of Episcopalians in the Diocese of New Jersey. We have come together to gather and share mental and spiritual health resources and advocate for mental and spiritual health wellness within the diocese.

[Mental Health Association in New Jersey](#)

The Mental Health Association in New Jersey is a statewide non-profit organization that strives for children and adults to achieve victory over mental health and substance use disorders through advocacy, education, training, and services. Mental Health Association in New Jersey understands that racism undermines mental health. Therefore, we are committed to anti-racism in all that we do. That means that we pledge to work against individual racism, interpersonal racism, and institutional racism in all their forms.

[Mental Health America](#)

Mental Health America (MHA)'s work is driven by its commitment to promote mental health as a critical part of overall wellness, including prevention services for all; early identification and intervention for those at risk; integrated care, services, and supports for those who need them; with recovery as the goal.

[Suicide Prevention Lifeline](#)

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

[National Alliance on Mental Illness](#)

NAMI started as a small group of families gathered around a kitchen table in 1979 and has blossomed into the nation's leading voice on mental health. Today, we are an alliance of more than 600 local Affiliates and 49 State Organizations who work in your community to raise awareness and provide support and education that was not previously available to those in need.

SERVICES AND RESOURCES SPECIFIC TO BLACK/AFRICAN AMERICANS AND PEOPLE OF COLOR

[Therapy for Black Girls](#)

Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls. **See their online therapist directory and resource guide.**

[Therapy for Black Men](#)

TherapyForBlackMen.org was born from the idea that Black men and boys face unique challenges and stigmatization, and therefore need a dedicated space for seeking and finding mental health support. We've made it our mission to strip away that stigmatization and ease the process of finding help. By providing targeted resources and a database filled with professionals equipped to support men of color, our users can now obtain the help they need and deserve. **See their online therapist directory and resource guide.**

[Black Men Heal](#)

Healed Men Heal Men: To provide access to mental health treatment, psycho-education, and community resources to men of color. **See their online therapist directory and resource guide.**

[Clinicians of Color](#)

Our directory is full of clinicians of various racial and ethnic backgrounds, as well as training and treatment styles. Let us help you find a therapist of color that truly sees you. **See their online therapist directory and resource guide.**

[Boris L. Henson Foundation Directory of Mental Health Providers and Programs](#)

As the pioneering Black mental health advocacy group in the US, the BLHF provides access to localized and black-culturally competent therapy resources sourced through a network of clinicians, service providers, counselors, and thought leaders. The foundation is named in honor of Boris Lawrence Henson, father of Academy Award and Emmy nominated actress and founder Taraji P. Henson, who suffered mental health challenges without resources or support. **See their online therapist directory and resource guide.**

[Melanin and Mental Health](#)

Melanin & Mental Health® wants to change the face of therapy on BOTH sides of the couch! That means getting more Black/Latinx clinicians in the therapist chair while also encouraging our communities to seek mental health support. **See their online therapist directory and resource guide.**

[Black Emotional and Mental Health Collective \(Get Help Now\)](#)

Our mission is to remove the barriers that Black people experience getting access to or staying connected with emotional health care and healing through education, training, advocacy, and the creative arts. **See their online therapist directory and resource guide.**

[Psychology Today Black and African American Therapist](#)

See their online therapist directory and resource guide.

[Mindful and Multicultural Counseling](#) 609-403-6359

Our therapy team offers a range of services for adolescents and adults 7 days a week. From trauma, depression, anxiety, pregnancy/postpartum, addiction, mastering mindfulness, and more.

[Top 61 BIPOC Addiction & Mental Health Resources](#) (The Summit Wellness Group)

[Racial Equity Support Line](#)

The Racial Equity Support Line is a service led and staffed by people with lived experience of racism. We offer support to those who are feeling the emotional impacts of racist violence and microaggressions, as well as the emotional impacts of immigration struggles and other cross-cultural issues.

[Racial Trauma, Resiliency and Ally Resources](#)

California State University San Marcos counseling services resource lists.

[Liberate Meditation](#)

A safe space for the Black community to develop a daily meditation habit.