



BAME support resources and ally information



We believe Black Lives Matter and black mental health matters. We have publicly shared our support for the Black Lives Matter, which you can find [here](#). Alongside this statement, we are sharing these BAME support resources and information for allies.

Peer support online

Black Thrive a UK mental health partnership and are hosting Zoom chats on **Fridays 4-5pm** where people can discuss the current situation and how the lockdown is affecting.

Join via Zoom: <https://zoom.us/j/549374164> Meeting ID: 549374164

Join by phone: 0203 481 5240 or 0208 080 6591
www.blackthrive.org.uk

Self-care

- Set boundaries - Take a break from the news and social media at this time, its okay.
- Digital detox - If you don't want to take a break, please put some limits in place. Try to limit the amount of time you access the news and social media
- Look at your engagement - Don't spend your energy going back and forth with strangers on the internet whose aim it is to antagonise and invalidate
- Get support where you can from friends or family. You may wish or find at this time that you may wish to seek the support of a therapist or online community.
- Only share what you are happy to share. Your story is yours alone and is valid.
- Take a break from talking from about everything find something that makes you happy.
- Meditation or prayer
- Therapists/counselling: Please research BAME therapists, there are also free therapist network across the UK: The Free Psychotherapy Network <https://tinyurl.com/ycuep4aq> or [Black and Asian Therapy Network](#)

UK based organisations

- [Black Learning Achievement and Mental health \(BLAM\) charity](#)
- [Stephen Lawrence Charitable Trust](#)
- [Black Minds Matter UK](#)
- [MAMA Youth Project](#)

Resources

- [Black Mental Health Alliance](#)
- [Black Lives Matter Resources \(ACPA\)](#)
- [An interview with the founders of Black Lives Matter](#)
- [Dr Kimberle Crenshaw's intersectionality TedTalk](#)
- [Black Trans Lives Matter](#)
- [How to talk to your children about protests and racism](#)
- [Support Black Lives Matter: Donations, petitions, resources and more](#)

Resources for organisations

- [Diversity wins: How inclusion matters | McKinsey](#)
- [What the charity sector should take away from the PHE report on disparities in the risk and outcomes of covid-19 - CharitySoWhite](#)

This resource was developed by national Mind's BAME Network Chair, Tina Otchere-Adobea.