

Black mental health support

Navigating mental health can be particularly challenging for Black individuals due to unique cultural, social, and systemic factors. Here is a list of organisations providing tailored mental health advice, support, and services specifically for the Black community.



The largest community of Counsellors and Psychotherapists of Black, African, Asian, and Caribbean Heritage in the UK.

administrator@baatn.org.uk

baatn.org.uk



A helpline and webchat for Black, Asian, and Minority Ethnic children, young people, parents, or carers, offering emotional support and practical advice.

0800 151 2605

helpline.barnardos.org.uk



Created by and for the Black community to support mental health and wellbeing, helping people find the right support.

yansie.rolston@ubele.org

bayo.uk



Offering safe social spaces and events to enhance self-esteem and community, addressing the impacts of racism, homophobia, and ageism.

blackconnections50.wixsite.com/bc50



Black Minds Matter's mission is to connect Black individuals and families with free mental health services — by professional Black therapists to support their mental health.

blackmindsmatteruk.com



Provides translation and interpretation services over the telephone to organisations and services.

0800 169 2879

enquiries@languageline.co.uk
languageline.com