



## CHAT RESOURCES

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### [SHE'S GOTTA HAVE IT CHAT 2/21/21](#)

#### RESOURCES

##### ONLINE PLATFORMS & INFORMATION

- Thea Monyee – [www.theamonyee.com](http://www.theamonyee.com) & Shaping the Shift Podcast / Sex Therapist
- Women of Color Sexual Health Network [www.wocshn.org](http://www.wocshn.org)
- [POST TRAUMATIC SLAVE SYNDROME – Dr. Joy DeGruy](#)
- [African Americans | Health Disparities | NCHHSTP | CDC](#)
- Therapy for Black Girls – Dr. Joy <https://therapyforblackgirls.com/about/>
  - Podcast / Sweet Tea SUNDAY / FACEBOOK WATCH / Provider search tool
- Black Mental Wellness – <https://www.blackmentalwellness.com/>
  - Evidence Based Research & Resources / Shop “Authentically Me” Gear
- Taraji P. Henson PEACE OF MIND w/ TARAJI – FACEBOOK WATCH
- Finding a Culturally Component Mental Health Therapist
  - Janai Harris @huestohealing

##### OTHER

- 911 – For emergencies OR 211
- 1-800-273-TALK (8255) Suicide Prevention Hotline
  - Text the word TALK to 741741
    - Veterans 838255
  - Chat online [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)
- Your Healthcare Provider
- Workplace Employee Assistance Programs
- College Life Skills Center/Health Center/Disability Programs
- **CREATE A MENTAL HEALTH GROUP WITH FRIENDS/FAMILY – MEET & TALK**

##### CITY/COUNTY/STATE SERVICES & INFORMATION

- Los Angeles County Department of Mental Health <https://dmh.lacounty.gov/>
- Mental Health Service Authority <https://dmh.lacounty.gov/about/mhsa/>
- NAMI – National Alliance on Mental Illness <https://www.nami.org/Home>
- Proposition 63 – Mental Health Services Act [https://www.dhcs.ca.gov/services/mh/Pages/MH\\_Prop63.aspx](https://www.dhcs.ca.gov/services/mh/Pages/MH_Prop63.aspx)