

# Support for People of Colour

## The Black, African and Asian Therapy Network

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

## MNPC (Mindfulness Network for People of Colour & friends)

A grass roots & trauma based organization, endorsing and bridging alternative indigenous methodologies with western science.

## Tell Mama

Provides support for victims of anti-muslim hate and also monitors and records anti-muslim incidents and attacks.

## Exhale

"Our app creates a space where Black Women can feel seen, heard, and cared for while offering resources that benefit all who seek healing and balance."

## The Black Wellbeing Collective

A community and workplace well-being service for inclusive & intersectional well-being support for lived experiences and the healing of social exclusion.

## Synergi

Focuses on the intersection between racial justice & mental health, distress and/ or trauma. "We celebrate the history of activists that have come before us, and in collaboration, we build on this legacy."

## Healing Justice London

Is investing in the patterns, postures, and practices we need to enable reverberant impact throughout our communities. "Community infrastructure is our surest path to survival and communities will be the stewards of the spaces and structures we need to support us all."

---