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DIASPORA CAMPAIGN

CULTURALLY-COMPETENT

MENTAL HEALTH PROVIDERS

Culturally-Competent Mental Health Resources in the Philadelphia Region

The range of issues the Black mental health professionals on this list focus on include: general anxiety, reproductive anxiety/depression, anger, stress, grief, depression, sexual abuse, self-esteem, ADHD, family, couples, immigrants, seniors, women's issues, men's issues, substance abuse, PTSD, education, children/youth, personality disorders, life transitions, LBGT+ and religious trauma. They also specifically seek to provide safe spaces and holistic care for the African Diaspora, including therapy for racial trauma/justice using a variety of approaches. Most provide virtual and in-person sessions. Some provide free phone consultations.

Black Men Heal – Provides limited FREE mental health service to Black men. <https://blackmenheal.org/>
info@blackmenheal.org

Bourne ANEW LLC/ Kenneth Bourne II – Offers a healing-centered approach to therapy for Black men and boys. <https://bourneanew.com/> 215-913-8529 bourneanewllc@bourneanew.com.

Clinicians of Color – Nationwide listings. <https://www.cliniciansofcolor.org/>

Delaware Valley Association of Black Psychologists (DVABPsi) -- <https://www.dvabpsi.org> 267-282-1062
dvabpsiorg@gmail.com.

Dr. Alvin Turner, PhD – General Psychiatry/Psychology 302-777-3202

Dr. Chioma L. Iheagwara – General Psychiatry. 215-787-4380

Dr. Francien Chenoweth Richardson, PsyD and Associates -- Immigration evaluations and cross cultural, child/adolescent, depression. Founder of Diaspora Women for Change. 610-647-4400 ext. 3433 or 215-922-2050 frichardson@immaculata.edu

Dr. Uche Ukuku – General Psychology. Established “TalkNaija” to destigmatize mental health in the Nigerian community and The Ada Group, a mixed psychoeducational and processing therapy group for first daughters. <https://www.drukuku.com/> 267-281-9839 Uche@drukuku.com

Endeavoring Wellness/ Okichie Davis -- Provides immigration evaluations. Trans experience and gender expansiveness. Traditional individual therapy. <https://www.e2wellness.com/> 215-469-1356 therapy@e2wellness.com

Evolution Consulting, LLC/ Dr. James Wadley, PhD, LPC – Sex therapy. Scholar/practitioner. Chair of the Counseling and Human Services Department at Lincoln University. Director of the Sex Therapy Program at Council for Relationships. Founder/principal of the Association of Black Sexologists and Clinicians. Editor of the Journal of Black Sexuality and Relationships . <http://www.drjameswadley.com> 267-249-9452 phdjamesw@yahoo.com

Greater Philadelphia Health Action, Inc. – Black-owned health care centers with behavioral health division. Several behavioral health locations. <https://gphainc.org/>. 1-888-296-GPHA

Going Inward Wellness, LLC/ Shesheena A. Bray, M.S.Ed -- Mental and emotional wellness practice. <https://www.goinginward.com/> 215-839-8258 peace@goinginward.com

Ibisanmi Relational Health/ Dr. Christiana Ibilola Awosan -- Culturally affirming psychotherapy for individuals, couples and families of color. Free phone consultation. <https://www.ibisanmi.com/>. 917-310-2662

Kenneth Thomas – Therapy for Black men and boys. <https://therapyforblackmen.org/therapists/kenneth-thomas/>. 786-244-7477

Latrice R. Lewis, LLC -- Specialized training in Accelerated Resolution Therapy with a special focus on those who suffer from any form of anxiety and trauma. <https://www.latricelewisllc.com/> 215-687-7050
latricelewisllc@gmail.com

Life First Therapy/ Dr. Holly Sawyer, PhD, LPC – Therapy for Black women. Free consultation.
<https://www.lifefirsttherapy.com/> 267-598-5433 hnsawyer@lifefirsttherapy.com

Ma'at Therapeutic Services/ Nzingha Ma'at, MS, LPC -- Therapy focusing on practices that emphasize the mind/body/spirit connection. Group healing circles available. <https://www.maatherapeuticservices.com/>
267-602-1064 info@maatherapeuticservices.com

Melanated Women's Health, LLC -- Culturally affirming and anti-oppressive therapy services for women.
<https://melanatedwomenshealth.com/> 215-720-1456 info@melanatedwomenshealth.com

Mental In Mind/Rayshawn Ledet -- Therapy for Black men and boys. <https://mentalinmind.com/> 609-285-8717
ray@mentalmind.com

Oshun Family Center – Mental and reproductive health. <https://www.oshunfamilycenter.org/> 267-808-2329
info@oshunfamilycenter.org

Philadelphia Black Women's Health Alliance – Sister Circle, Girl Circle, mental wellness focus groups, substance abuse/opioids, gambling addiction. <https://www.pbwha.org/> 215-225-0394 info@pbwha.org

Sankofa Healing Studio – Social justice informed therapy supporting marginalized youth and adults who are trauma-impacted and system-involved. <https://sankofahealingstudio.org/> 215-802-3533
therapy@SankofaHealingStudio.org

Synchronicity BeWell/ Shaakira Gillette, LCSW -- Holistic Therapy which supports the alignment of mind body, emotional and spiritual. <https://synchronicity.clientsecure.me/#home> 215-475-5638
intake+Shaakira19493@growththerapy.com

The Consortium, Inc. – John White, Jr. CEO. A family-oriented, nonprofit Community Mental Health Center including residential rehabilitation services. <https://consortiuminc.org/>. info@consortium-inc.org

The Ladipo Group – A Black-owned company founded to increase access to Black therapists and decrease the stigma of mental health treatment. Coaching and wellness for Black employees and more. <https://theladipogroup.com/>
267-908-6363 ext.1 admin@theladipogroup.com

The Loveland Foundation – Provides financial assistance for Black women and girls seeking therapy.
<https://thelovelandfoundation.org/home/>

Therapy for Black Girls -- An online resource space dedicated to encouraging the mental wellness of Black women and girls. National listing of Black therapists. <https://providers.therapyforblackgirls.com/> info@therapyforblackgirls.com

Therapy for Black Men -- An online resource space dedicated to encouraging the mental wellness of Black men and boys. National listing of Black therapists. <https://therapyforblackmen.org/therapists/> 646-780-8278
info@therapyforblackmen.org

WES Health System -- Named after Dr. Warren E. Smith, a prominent African American psychiatrist who was committed to providing quality behavioral health care to the underserved. Locations in Philadelphia, New Jersey and Delaware. <https://drwes.org/> 215-455-3900 moreinfo@drwes.org

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