

## NOW, I SEE- Resources

### Immediate support

If you need urgent support, advice, or someone to talk to- [Mind](#) has a variety of resources and numbers to call to keep yourself safe, or if you are worried about somebody else's wellbeing.

### Digital Resource Pack

<a href="#">IRIE Mind</a>	Our Local Mind partner – find out about services and how to self-refer
<a href="#">Mind in Tower Hamlets, Newham and Redbridge</a>	Our Local Mind partner- find out about their services- as well as their new café which has opened in Newham
<a href="#">Black Minds Matter</a>	Providing the Black community and their families with free therapy from Black therapists
<a href="#">The Empowerment Group</a>	The Empowerment Group is an award-winning registered charity in England and Wales. The Empowerment Group supports people of Black African and Caribbean heritage aged 18 and over in the UK facing mental health challenges.
<a href="#">BAYO</a>	An online directory to find collectives, organisations and services across the UK for the Black Community to support your wellbeing.
<a href="#">Nafsiyat</a>	Providing intercultural therapy in over 20 languages to people from diverse cultural communities
<a href="#">BAATN</a>	The largest community of Counsellors and Psychotherapists of Black, African, Asian and Caribbean Heritage in the UK
<a href="#">Bounce Black</a>	Championing workplace wellbeing for Black professionals
<a href="#">Black People Talk</a>	These resources have been made for the Black community to use as conversation starters, self-

	help, and for the Black community to feel seen, heard, and know they are not alone.
<a href="#"><u>Black &amp; Brown Good Grief</u></a>	An online meeting space offering peer to peer support for Black & Brown grievers
<a href="#"><u>Young Minds- Grief and loss</u></a> <a href="#"><u>Resources for parents</u></a>	Resources for young grievers experiencing loss
<a href="#"><u>Mask Off - book</u></a>	In Mask Off, JJ Bola exposes masculinity as a performance that men are socially conditioned into. Using examples of non-Western cultural traditions, music and sport, he shines light on historical narratives around manhood, debunking popular myths along the way.
<a href="#"><u>Self-care library</u></a>	An online library of short exercises, breathing techniques and wellbeing activities.