

WHERE TO FIND A BLACK THERAPIST?

**BLACK
MINDS
MATTER^{UK}**

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Our waiting list at BMMUK is currently closed for new applications, however we've put together this resource for those looking to access therapy as soon as possible or those who are financially able to pay for the service.

The listed organisations overleaf are where we find the majority of our therapists on our roster.

We only work with Black and Black mixed heritage therapists at BMMUK. However the listed organisations also host non-Black therapists.

BAATN

The majority of the therapists we work with are from the [Black, African and Asian therapy network](#) as they tend to host the largest number of Black counsellors and Asian therapists.

Use their search feature on their website to refine your search by language, gender, sexuality etc.

BACP

The [British association for counselling and psychotherapy register](#) is the professional association for members of the counselling professions in the UK.

Search their [“therapist directory”](#) to find a therapist or counsellor. You can search by issue/ specialism as well as by Postcode to help you refine your search.

PSYCHOLOGY TODAY

[Psychology today](#) allows you to search for both counsellors and support groups that are close to you in proximity.

You can also browse their variety of resources for specific mental health conditions and wider life stressors.

ADIRA

[Adira](#) is a survivor-led mental health and wellbeing organisation supporting Black people with mental health issues.

You can browse their therapist directory which hosts a handful of Black therapists. They also offer a great over the phone culturally appropriate reflective and listening service.

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