Finding a Mental Wellness Professional

National Directories

Finding a therapist for your mental wellness needs can be a challenging task. Check out the therapists directories below that can help you in your search.

Here are a list of top national mental health directories:

**Black Directories**

- **Melanin and Mental Health:**
  https://www.melaninandmentalhealth.com
- **Therapy for Black Girls:**
  https://www.therapyforblackgirls.com/therapist-directory/
- **National Queer and Trans Therapists of Color Network:**
  https://www.nqttcn.com

**General Directories**

- **Psychology Today**
  https://www.psychologytoday.com/us/therapists
- **Good Therapy**
  https://www.goodtherapy.org/find-therapist.html
- **Therapy Tribe**
  https://www.therapytribe.com
- **Inclusive Therapists**
  www.inclusivetherapists.com

WWW.SISTAAYA.COM