



# 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**

#### **Chicago Black Mental Health Directory**

<https://www.blackmentalhealthdirectory.com/>

#### **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>