

# Mental Health and Wellness Podcasts



*The Mecca of Black Wellness*



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Podcasts are a digital resource (audio or video) that provides subscribers with information related to a variety of topics. Users can access Podcasts through hosting sites (i.e., iTunes Music), typically free of charge, and easily listen to or view your favorite stations through your smartphone. Black Mental Wellness invites you to use Podcasts as a health resource to learn more about mental health and wellness. We have provided a few of our favorite Podcasts to get you started.

## **A Different Perspective**

Listen to gain "A Different Perspective" for topics related to POC mental health and wellness, psychology, activism, social justice, racial identity, Black culture, womanism, diversity, multiculturalism, and more. To learn more, <https://www.dramberthornton.com/podcast.html>

## **AFFIRM by Redefine Enough**

For women of color who affirm their worth, value mental health, and seek wholeness. To learn more, <https://www.redefineenough.com/affirmpodcast/>

## **Between Sessions Podcast**

Two brown chicks changing the face of therapy on both sides of the couch. To learn more, <https://www.melaninandmentalhealth.com/category/between-sessions/>

## **Black Girl In Om**

Welcome to your go-to conversation on all things wellness, self-care and self-love for women of color, hosted by Black Girl In Om Founder Lauren Ash and Art Director Deun Ivory. To learn more, <http://www.blackgirlinom.com/podcast/>

## **Celeste The Therapist Podcast**

This podcast is designed to help shift the way you think, as the host Celeste interviews guests from different backgrounds who empower people in different capacities. To learn more, <https://www.celestethetherapist.com/podcast.html#/>

## **Fireflies Unite Podcast**

A podcast from the perspective of individuals thriving with a mental illness. To learn more, <http://www.firefliesunite.com/podcast>

## **Minding My Black Business with Dr. Janae Taylor**

Dedicated to the mental health of Black Entrepreneurs, with a goal to engage, inform, and support other Black Entrepreneurs as they manage the business of work! To learn more, <https://mindingmyblackbusiness.com/podcast/>

## **Naming It Podcast**

Features Bay Area Psychologists, Dr. Bedford Palmer & Dr. LaMisha Hill, who explore the intersections of Social Justice, Psychology, & Blackness. To learn more, <http://www.namingitpodcast.com/>

### **OB Podcast-Ourselves Black**

A weekly podcast that delves into Black mental health. To learn more, <https://ourselvesblack.com/ob-podcast>

### **Silence the Shame**

A podcast by ShantiDas. To learn more, <https://itunes.apple.com/us/podcast/silence-the-shame-podcast/id1213102630?mt=2>

### **Silent Symptoms: Black Mental Health Podcast**

This podcast addresses the stigma about therapy about mental illnesses in the Black community, through discussing various topics. To learn more, <https://anchor.fm/SilentSymptomsPodcast/>

### **Talking Off the Couch. It's OK To Not Be OK**

A podcast that focuses on mental health and mental wellness. To learn more, <http://talkingoffthecouch.com/>

### **The Black Boys & Men: Changing the Narrative Podcast**

Thought leaders analyze stereotypes and dispel myths concerning Black boys and men. To learn more, <http://mcsilver.nyu.edu/black-boys-and-men-changing-the-narrative>

### **The Black Girl Bravado**

Candid conversations on self-care, self-love, mental health and wellness, spirituality, humor, entrepreneurship, and much more. To learn more, <https://itunes.apple.com/us/podcast/the-black-girl-bravado/id1186583079?mt=2>

### **The Black Girl Healing Project**

Jennifer Sterling, Holistic Nutritionist and Creative Arts Therapy Candidate, talks with women of color about depression, anxiety, trauma, mental illness, self-care and self-compassion – all aspects of physical, mental, emotional wellness for women of color. To learn more, <https://www.theblackgirlhealingproject.com/podcast/>

### **The Daily Calm**

The Daily Calm includes short meditations, guided imagery, poems, and readings as tools to reset you mind, body, and spirit. To learn more, <https://podcasts.apple.com/us/podcast/the-daily-calm/id1446294839>

### **The Evolving Chair Podcast**

A podcast where people share their expertise, personal stories and more to help us all EVOLVE into our best self by encouraging physical, spiritual and mental wellness. To learn more, <https://www.theevolvingchair.com/Audio.en.html>

### **Therapy for Black Girls Podcast**

All things mental health, personal development, and all the small decisions we can make to become the best possible versions of ourselves. To learn more, <https://www.therapyforblackgirls.com/podcast/>

**Reminder:** These resources are provided for informational purposes only. Any resources listed on this page are not intended to be a formal endorsement by Black Mental Wellness.

## FOR MORE INFORMATION

[www.BlackMentalWellness.com](http://www.BlackMentalWellness.com)



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