

# Black Men's Mental Health:

## I Am My Brother's Keeper

Wed., May 22, 2024

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### RESOURCES

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## Overview

The [New Jersey Division on Civil Rights \(DCR\)](#) is the state agency charged with enforcing New Jersey's civil rights laws, including the [New Jersey Law Against Discrimination \(LAD\)](#), the [New Jersey Family Leave Act \(NJFLA\)](#), and the [Fair Chance in Housing Act \(FCHA\)](#) effective January 1, 2022. The mission of DCR is to protect the people of New Jersey from discrimination and bias-based harassment in employment, housing, and public accommodations. The LAD, one of the most comprehensive anti-discrimination laws in the country, prohibits discrimination and harassment based on actual or perceived race, religion, national origin, gender, sexual orientation, gender identity or expression, disability and other protected characteristics. The law applies in [employment](#), [housing](#), and [places of public accommodation](#) (places open to the public, including businesses, restaurants, schools, summer camps, medical providers, government offices and agencies, etc.).

## **Contact Information**

In order to file a complaint with DCR, you must first submit an intake form. You can submit the intake form:

- Online by creating an account and using the [NJ Bias Investigation Access System](#) (NJBIAS) By calling 1. 833.NJDCR4U and asking a DCR receptionist to assist you in filling out the form on the [NJ Bias Investigation Access System](#) (NJBIAS)
- NJBIAS is available in English and Spanish. DCR also offers translation services for people with limited English proficiency who speak other languages. Call 1. 833.NJDCR4U (833-653-2748) or email at [NJDCR4U@njcivilrights.gov](mailto:NJDCR4U@njcivilrights.gov) to request assistance with NJBIAS in a language other than English or Spanish.
- To request a disability-related accommodation, please call 1. 833.NJDCR4U (833-653-2748) (voice), call the Relay Service at 711, or email [NJDCR4U@njcivilrights.gov](mailto:NJDCR4U@njcivilrights.gov).

## DCR Resource Links

### **DCR Anti-Discrimination Trainings**

The New Jersey Division on Civil Rights (DCR) offers trainings aimed at preventing and addressing discrimination through its Education and Training Unit. These interactive sessions educate participants about their rights and responsibilities under the New Jersey Law Against Discrimination, the New Jersey Family Leave Act, the Fair Chance in Housing Act as well as raise awareness about current anti-bias issues. All trainings are currently being offered for FREE to the public, [click here](#) to view upcoming training schedule.

### Factsheets

- [The Law Against Discrimination](#)
- [How to File a Complaint with DCR](#)
- [The New Jersey Family Leave Act](#)
- [Diane B. Allen Equal Pay Act](#)
- [Race Discrimination in Employment](#)
- [Sexual Harassment in Employment](#)
- [Accommodations for Pregnancy & Breastfeeding](#)
- [Gender Discrimination](#)
- [Age Discrimination](#)
- [Discrimination or Harassment in Employment Based on Gender Identity or Expression](#)
- [Intersex Discrimination in Employment](#)
- [Discrimination Based on Disability](#)
- [Religious Discrimination](#)
- [Hair Discrimination Guidance Document](#)
- [Addressing Bias on Campus](#)

## NJ Office of the Attorney General Resources

- [ARRIVE Together](#)

## Mental Health Resource Links

### Mental Health and Wellness Podcasts

- [Between Sessions Podcast](#)
- [Black Mental Matters Podcast](#)
- [The Breakdown with Dr. Earl](#)
- [The Homecoming Podcast with Dr. Thema](#)
- [Therapy for Black Girls: The Podcast](#)
- [Wellness in Color Podcast](#)

### Community-Based Healing

- [Association of Black Psychologists – Sawubona Healing Circles](#)
- [Community Healing Network – Emancipation Circles](#)
- [Community Healing Network – Rapid Response Ubuntu Healing Circles](#)

### Mental Health and Wellness Resources

- 988 Lifeline - <https://988lifeline.org/chat/>
- [AAKOMA \(African American Knowledge Optimized for Mindfully Healthy Adolescents\)](#)
- [Black Emotional and Mental Health Collective \(BEAM\)](#)
- [Black Girls Smile](#)
- [Black Mental Health Alliance](#)
- [Black Mental Wellness](#)
- [Black Zen](#)
- [Boris Lawrence Henson Foundation](#)
- [Melanin and Mental Health](#)
- [Mental Health First Aid](#)
- [Mindfulness Resources for People of Color](#)
- [Our Mental Health Minute](#)
- [Psychology Today Blog – Healing through Social Justice – The Psychology of Radical Healing Collective](#)
- [Safe Black Space](#)
- [Sista Afya](#)
- [The People’s Institute for Survival and Beyond](#)
- [The Power Within: The Art of Change and Self-Therapy](#) by David S. Arnold, M.D.
- [Wellness Recovery Action Plan](#)

### Mental Health Professional and Community Associations

- [Active Minds](#)
- [American Counseling Association](#)
- [American Psychological Association](#)
- [Association of Black Psychologists](#)
- [Child Mind Institute](#)
- [Counselors for Social Justice](#)
- [Mental Health America](#)
- [National Alliance on Mental Illness](#)
  - [AACT-NOW](#) – NAMI African American Community Together NOW
- [National Association of Social Workers](#)
- [National Latinx Psychological Association](#)
- [Brother, You’re on My Mind](#) – Omega Psi Phi Fraternity, Incorporated