

# Mental Health Support for Black and African American Faculty and Staff

Research consistently shows that the therapeutic relationship is one of the most important variables in successful mental health support. The identity of the therapist often plays an important role in establishing a strong, safe, therapeutic relationship for most clients. Referring people to therapists and other community resources is one of the core services that [Employee Assistance](#) provides. We can assist you with getting connected to someone of a preferred identity after an initial consultation. Below are additional resources to explore to help find mental health support that works for you.

## Locating Therapists of Color

[Therapists of Color Bay Area](#)

[LGBTQ Psychotherapists of Color](#)

[National Queer and Trans Therapists of Color Network](#)

[Boris Lawrence Henson Foundation](#)

[Therapy for Black Girls](#)

[The Endurance Center](#)

[Psychology Today](#)

## UC Insurance plans - Instructions for provider searches

### **For Kaiser Members (searching Optum):**

<https://provider.liveandworkwell.com/content/laww/providersearch/en/home.html?siteId=10275&lang=1>

- Enter a specialty or the word “therapy” in the search field, update location and hit “Search”
  - Example: “therapy” in “Oakland, CA”
- Refine results on the left side of the page and consider the following filters:
  - *Within* desired miles or virtual visit (Online Therapy)
  - *Gender* clicking desired preference
  - *Ethnicity* and choose all desired options

The search results will automatically update each time you refine your results

### **For UC Care Anthem members:**

<https://www.anthem.com/ca/find-care/>

- Three ways to search:
  - Log in or register as a member
  - Enter your member ID prefix
  - Or search as a Guest
- On the next screen, choose the following four drop-down options:
  - Type of care: Medical
  - State: California
  - Type of plan: Medical (Employer-Sponsored)
  - Select your plan: UC Care PPO, UC CORE PPO, or UC Health Savings Plan
- Hit continue

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- Enter desired city in top search bar
- Either type *Behavioral Health Professionals* in search bar or click Behavioral Health Professionals from list on middle left screen
- Once your list is created, use top buttons to filter for preferences including Ethnicity

### For Health Net Blue and Gold members:

<https://providers.mhn.com/member/practitionerSearch.do?search=clear&key=pracSearch>

- Click *MHN Behavioral plan* and then *Next*
- Search by Distance by choosing proximity, State and zip code
  - Example: Within 10 miles of California zip code 94720
- Click *Add Optional Criteria* at the bottom
  - Unable to filter race

## Healing Clinics

### Bay Area Rapid Response Healing Clinics

Sundays, 11 am - 1 pm, Free Healing Service for Black and Indigenous People

- Sun. June 14: San Antonio Park (East Oakland)
- Sun. June 21: Arroyo Viejo (Deep East Oakland)

Services incl. acupuncture/acupressure, 1:1 guided relaxation, Reiki, Qi Gong, Yoga

## Additional Community Resources

### San Francisco Community Health Center

726 Polk Street, San Francisco

1800 Market Street, Suite 401, San Francisco

415.292.3400

<https://sfcommunityhealth.org/>

### East Bay Meditation Center

285 17<sup>th</sup> Street, Oakland

<https://eastbaymeditation.org/>

### Seeds of Awareness

2501 Harrison St, Oakland CA 94612

510.788.0876

<https://www.seeds-of-awareness.org/>