# CAROLYN'S RESOURCES

## RESOURCES

#### **BLACK HISTORY MONTH**

February is Black History Month The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in paying tribute to the generations of African Americans who struggled with adversity to achieve full citizenship in American society.

> ISTORY MONTH+

**SAD** 

MENTAL HEALTH RESOURCES

"Please fnd resources specifc to support black mental health."

## **MENTAL WELLBEING**

#### RESOURCES BY NAMI

"A list of mental health and mental health related resources that service the LA area. If you are interested in more information regarding a resource, feel free to expand the area and click on the particular link."

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