



MENTAL HEALTH AND WELLNESS RESOURCE GUIDE *For African-American Women*

Community Voices
HEALTHCARE FOR THE UNDERSERVED
Morehouse School of Medicine



Mental Health and Wellness Resource Guide for African American Women

When dealing with difficulties in life or helping a loved one who is suffering from mental and emotional pain, finding help in our community may seem to be a difficult task. Finding the right community resources for adjustment to painful situations is essential to assisting persons in need of guidance.

This comprehensive resource guide was developed to serve as a listing of mental health and wellness resources available in our community. These agencies, programs, material resources, hospitals, call centers and websites have a common goal of helping you in a variety of ways. Also, the United Way of Metropolitan Atlanta can be reached by dialing 211 to receive referrals to additional community resources.

If you have any questions, please contact **Dr. Kisha B. Holden** at 404-756-8915 or kholden@msm.edu.

Books

Sacred Woman: A Guide to Healing the Feminine Body, Mind, and Spirit. New York: One World, 2000. Author: Afua, Queen.

In the Company of My Sisters: Black Women and Self-Esteem. New York: Dutton, 1993. Author: Boyd, Julia.

In and Out of Our Right Minds: The Mental Health of African American Women. New York: Columbia University Press, 2003. Author: Brown, Diane R. and Verna M. Keith, eds.

72 Hour Hold. New York: Knopf, 2005. Author: Campbell, Bebe Moore.

African American Women's Health and Social Issues. 2nd ed. Westport, CT: Praeger Publishers, 2006. Author: Collins, Catherine Fisher, ed.

Live Like You're Blessed: Simple Steps for Making Balance, Love, Energy, Spirit, Success, Encouragement, and Devotion Part of Your Life. New York: Doubleday, 2006. Author: Cook, Dr. Suzan Johnson.

On the Edge of Darkness: Conversations about Conquering Depression. New York: Doubleday: 2004. Author: Cronkite, Kathy.

Willow Weep for Me: A Black Woman's Journey Through Depression. New York: Norton, 1998. Author: Danquah, Meri Nana-Ama.

Sacred Pampering Principles: An African-American Woman's Guide to Self-care and Inner Renewal. New York: William Morrow and Company, 1997. Author: Gandy, Debrena Jackson.

Prime Time: The African American Woman's Complete Guide to Midlife Health and Wellness. New York: One World, 2001. Author: Gaston, Marilyn Hughes, MD, and Gayle K. Porter, PsyD.

What to Do When Someone You Love is Depressed: A Self-Help and Help Others Guide. New York: Guilford Press, Villard Books, 1996. Author: Golant, Mitch.

Release the Pain, Embrace the Joy: Help for the Hurting Heart. Ventura: CA: Regal Books, 2005.

Being Present in the Darkness: Using Depression as a Tool for Self-Discovery. New York: Perigee Books, 1996. Author: Huber, Cheri.

An Unquiet Mind: A Memoir of Moods and Madness. New York: Knopf, 1995. Author: Jamison, Kay Redfield.

Saving Our Last Nerve: The Black Woman's Path to Mental Health. Roscoe, IL: Hilton Publishing, 2002. Author: Martin, Marilyn, MD, MPH.

Soothe Your Nerves: The Black Woman's Guide to Understanding and Overcoming Anxiety, Panic, and Fear. New York: Simon & Schuster, 2003. Author: Neal- Barnett, Dr. Angela.

Your Inner Eve: Discovering God's Woman Within. New York: One World, 2005. Author: Newman, The Reverend Dr. Susan.

Women Who Love Too Much: When You Keep Wishing and Hoping He'll Change. Los Angeles: Jeremy P. Tarcher, 1985. Author: Norwood, Robin.

Get Over Yourself!: How to Drop the Drama and Claim the Life You Deserve. New York: Hyperion, 2005. Author: Pinkins, Tonya.

Lay My Burden Down: Unraveling Suicide and the Mental Health Crisis among African-Americans. Boston: Beacon Press, 2000. Author: Poussaint, Alvin F, MD, and Amy Alexander.

What Mama Couldn't Tell Us About Love: Healing the Emotional Legacy of Slavery, Celebrating Our Light. New York: HarperCollins, 1999. Author: Richardson, Brenda Lane, and Dr. Brenda Wade.

Longing to Tell: Black Women Talk About Sexuality and Intimacy. New York: Farrar, Straus and Giroux, 2003. Author: Rose, Tricia.

50 Ways to Fight Depression Without Drugs. Chicago: Contemporary Books, 2002. Author: Rosenthal, M. Sara.

When Food is Love: Exploring the Relationship Between Eating and Intimacy. New York: Dutton, 1991. Author: Roth, Geneen.

Soul Quest: A Healing Journey for Women of the African Diaspora. New York: Crown Trade Paperbacks, 1996. Author: Denese, Shervington.

Broken Silence: Opening Your Heart and Mind to Therapy—A Black Woman's Recovery Guide. New York: One World, 2003. Author: Singleton, D. Kim, EdD.

No Lies: How Black Families Can Heal from Sexual Abuse. New York: Broadway Books, 2004. Author: Stone, Robin D.

Lessons in Living. New York: Anchor Books, 1995. Author: Taylor, Susan L.
Interiors: A Black Woman's Healing in Progress. New York: Writers and Readers, 1995.

Body & Soul: The Black Women's Guide to Physical Health and Emotional Well-Being. New York: HarperPerennial, 1994. Author: Villarosa, Linda, ed.

The Purpose Driven Life: What on Earth Am I Here For? Grand Rapids, MI: Zondervan, 2002. Author: Warren, Rick.

The Black Women's Health Book: Speaking for Ourselves. Seattle, WA: Seal Press, 1990. Author: White, Evelyn C., ed.

A Plentiful Harvest: Creating Balance and Harmony Through the Seven Living Virtues. New York: Warner Books, 2002. Author: Williams, Terrie.

Black Pain, It Just Looks Like We're Not Hurting. New York: Scribner Publisher. Author: Williams, Terrie.

Mental Health in Black America. California: Sage Publishers. Author: Neighbors, Harold W. and James S. Jackson.

National Health and Mental Health Organizations

American Academy of Child and Adolescent Psychiatry

Phone: 202-966-7300

www.aacap.org

American Association for Geriatric Psychiatry

Phone: 301-654-7850

www.aagpgpa.org

American Counseling Association

Phone: 800- 347-6647

www.counseling.org

American Foundation for Suicide Prevention

Phone: 1-888-333-2377

www.afsp.org

American Medical Association

Phone: 800-621-8335

www.ama-assn.org

American Psychiatric Association

Phone: 703-907-7300

www.psych.org

National Institute on Drug Abuse

Phone: 301-443-1124; www.nida.nih.gov

American Psychological Association

Phone: 800-374-2721

www.apa.org

American Psychotherapy Association

Phone: 417-823-0173

www.americanpsychotherapy.com

Association of Black Psychologists

Phone: 202-722-0808

www.abpsi.org

National Association for the Mentally Ill

Phone: 703-524-7600

www.nami.org

National Association of Social Workers

Phone: 202-408-8600

www.naswdc.org

National Institute of Mental Health (NIMH)

Phone: 1-866-615-6464

www.nimh.nih.gov

National Medical Association

Phone: 202-347-1895; www.nmanet.org

24 Hour Crisis Hotlines

Adolescent Crisis Intervention & Counseling Nine line
Phone: 1-800-999-9999
AIDS Treatment Information Services
Phone: 1-800-HIV-0440
(1-800-448-0440)
AIDS National Hotline
Phone: 1-800-342-2437
Al-Anon/Alateen Hotline
Phone: 1-800-344-2666
Alcohol/Drug Abuse Hotline
Phone: 1-800-662-HELP
Be Sober Hotline
Phone: 1-800-BE-SOBER
Boys Town National Hotline
Phone: 1-800-448-3000
Center for the Prevention of School Violence
Phone: 1-800-299-6504
Centers for Disease Control AIDS Info
Phone: 1-800-342-2437
Child Abuse Hotline
Phone: 1-800-4-A-CHILD
(1-800-422-4453)
Cocaine Help Line
Phone: 1-800-COCAINE
(1-800-262-2463)
Domestic Violence Hotline
Phone: 1-800-548-2722
National Resource Center on Domestic Violence
Phone: 1-800-537-2238

Eating Disorders Awareness and Prevention
Phone: 1-800-931-2237
Family Violence Prevention Center
Phone: 1-800-313-1310
Help Finding a Therapist
Phone: 1-800-THERAPIST
(1-800-843-7274)
Homeless/Runaway National Runaway Hotline
Phone: 1-800-231-6946
Mental Health InfoSource
Phone: 1-800-447-4474
National Adolescent Suicide Hotline
Phone: 1-800-621-4000
National Child Abuse Hotline
Phone: 1-800-422-4453
National Domestic Violence Hotline
Phone: 1-800-799-SAFE
(1-800-799-7233)
National Drug Abuse Hotline
Phone: 1-800-662-HELP
(1-800-662-4357)
National Institute on Drug Abuse & Alcoholism
Phone: 1-888-644-6432
National STD Hotline
Phone: 1-800-227-8922
National Youth Crisis Hotline
Phone: 1-800-448-4663
Rape, Abuse, Incest, National Network
Phone: (1-800-656-4673)

Local Health Care Centers

St. Joseph's Mercy Clinic Downtown

424 Decatur St.
Atlanta, GA 30312
678-843-8600

The Good Samaritan Health Center Inc.

239 Ivan Allen Blvd. NE, Atlanta, GA
404-523-6571 www.goodsamatlanta.org

Grant Park Family Health Center

1340 Boulevard SE, Atlanta, GA
404-627-4259

Grady Health Center-East Point

1595 W. Cleveland Avenue, East Point,
GA
404-616-2886

Lindbergh Women & Children's Health Center

2695 Buford Highway Suite 200,
Atlanta, GA
404-616-6999

West End Medical Centers, Inc.
Main Clinic- 868 York Avenue SW,
Atlanta, GA
404-752-1400 www.wemc.org

Asa G. Yancey, Sr. MD Health Center
1247 Donald Lee Hollowell Pkwy NW,
Atlanta, GA
404-616-2265

DeKalb Grady Health Center
30 Warren Street SE, Atlanta, GA
404-616-9304

Otis W. Smith, MD Health Center
2600 Martin Luther King, Jr Drive SW,
Atlanta, GA
404-616-0506

**Physician's Care Clinic
of the DeKalb Medical Society**
2665 N. Decatur Road Suite 220B,
Decatur, GA
404-501-7960
www.dekmedsoc.org/

Center Hill Health Center
3201 Atlanta Industrial Parkway, Suite
302, Atlanta, GA
404-699-0509

Hospitals and Medical Centers

ATLANTA:

**Children's Health Care of Atlanta at
Hughes Spalding**
35 Jesse Hill Jr. Drive SE
Atlanta, GA 30303
404-785-9500
www.choa.org

**Children's Health Care of Atlanta at
Scottish Rite**
1001 Johnson Ferry Road NE
Atlanta, GA 30342-160
404-785-5252 www.choa.org

Grady Health Center-South DeKalb
2626 Rainbow Way. SE, Decatur, GA
404-616-1776

Luke's Place Inc.
948 Front Street, Mableton, GA
678-945-1847 www.lukesplaceclinic.org

Good Samaritan International
3771 Central Avenue, Doraville, GA
404-523-6571 www.goodsamatlanta.org

**Clinic for Education Treatment and
Prevention of Addiction Inc.**
7740 Roswell Road Suite 700,
Atlanta, GA
770-452-8630 www.cetpa.org

North Fulton Health Center
1143 Alpharetta Street, Roswell, GA
404-616-1550
www.gradyhealthsystem.org/

**Good Samaritan Health Center of
Gwinnett**
3700 Club Drive, Norcross, GA
678-280-6630
www.goodsamgwinnett.org

**Good Samaritan Health Center of
Cobb**
1605 Roberta Drive, Marietta, GA
770-419-3120 www.goodsamcobb.org

Emory University Hospital Midtown
550 Peachtree St, NE,
Atlanta GA 30308
404-686-4411
www.emoryhealthcare.org

**Grady Memorial Hospital/Grady
Health System**
80 Jesse Hill Jr. Dr SE
Atlanta GA 30303-3050
404-616-4123

Piedmont Hospital

1968 Peachtree Rd NW. Atlanta, GA
30309 404-605-5000
www.piedmonthospital.org

COBB COUNTY:**WellStar Kennestone Hospital**

677 Church St, NE
Marietta, GA 30060-1148
770-793-5000
www.wellstar.org

Emory-Adventist Hospital

3049 S Cobb Dr. NE
Smyrna, GA 30080-6342
770-436-3162
www.emoryhealthcare.org

CLAYTON COUNTY:**Southern Regional Medical Center**

11 Upper Riverdale Rd,
Riverdale GA 30274-2600
770-991-8000
www.southernregional.org

DEKALB COUNTY:**Children's Healthcare at North Druid Hills**

1605 Chantilly Drive NE, Suite 200
Atlanta, GA 30324-3269
www.choa.org

DeKalb Medical at Downtown Decatur

450 N. Candler Street
Decatur GA 30030
404.501.6260
www.dekalbmedicalcenter.org

Children's Health Care of Atlanta at Egleston

1405 Clifton Road NE
Atlanta GA 30322-1062
404-785-6000
www.choa.org

Emory University Hospital

1364 Clifton Rd NE
Atlanta, GA 30322
(404) 712-2000
www.emoryhealthcare.org

DeKalb Medical Center at North Decatur

2701 North Decatur Road
Decatur GA 30033
General Information - 404.501.1000
www.dekalbmedicalcenter.org

Emory-Children's Center

2015 UpperGate Drive
Atlanta, GA 30322-1015
404-778-2400
www.emoryhealthcare.org

DeKalb Medical at Hillandale

2801 DeKalb Medical Parkway
Lithonia, GA 30058
General Information - 404.501.8000
www.dekalbmedicalcenter.org

Georgia Regional Hospital

3073 Panthersville Rd
Decatur, GA 30034-3800
(404) 243-2100
www.atlantareg.dhr.state.ga.us

GWINNETT COUNTY:

Gwinnett Medical Center Lawrenceville
1000 Medical Center Boulevard
Lawrenceville, GA 30045
678-312-4321
www.gwinnettmedicalcenter.org

Gwinnett Medical Center Duluth
3620 Howell Ferry Road
Duluth, GA 30096
678-312-6800
www.gwinnettmedicalcenter.org

Gwinnett Women's Pavilion
550 Medical Center Boulevard
Lawrenceville, Georgia 30045
678-312-3600
www.gwinnettmedicalcenter.org

Emory Johns Creek Hospital
6325 W Johns Crossing
Duluth, GA 30097
(678) 474-7000
www.emoryhealthcare.org

NORTH FULTON COUNTY & FORSYTH COUNTY:

Northside Hospital
1000 Johnson Ferry Road NE,
Atlanta, GA
(404) 851-8000
www.northside.com

North Fulton Regional Hospital
3000 Hospital Boulevard
Roswell, GA 30076
770-751-2500
www.northfultonregional.com

Saint Joseph's Hospital
5665 Peachtree Dunwoody Road, N.E.
Atlanta, Georgia 30342
678-843-7001
www.stjosephsatlanta.org

Popular Reading

O, The Oprah Magazine
www.oprah.com/omagazine

Jet Magazine
www.ebonyjet.com

Honey Online Magazine
<http://www.honeymag.com/>

Essence Magazine
<http://www.essence.com/>

Ebony Magazine
www.ebonyjet.com

Sister 2 Sister
www.s2smagazine.com

Upscale
www.upscalemagazine.com

Heart & Soul
<http://heartandsoul.com/heartandsoul/>

Redbook Magazine
<http://www.redbookmag.com/>

Women's Advocacy Organizations

Center for Black Women's Wellness

477 Windsor Street Suite 309,

Atlanta, GA

404-688-9202

www.cbww.org

Black Women's Health Imperative

1726 M Street, N.W. Suite 300

Washington, D.C. 20036

(202) 548-4000 - phone

www.blackwomenshealth.org

National Coalition of 100 Black Women

100 Edgewood Ave NE, Suite 1605

Atlanta, Georgia US 30303

404-522-1061

<http://www.ncbw-metroatlchapter.org/>