

Resiliency Tools

1. Black Mental Health Alliance-Baltimore

Through an expansive database of culturally competent and patient-centered licensed mental health professionals, BMHA offers confidential referrals for those seeking mental health services.

2. Supporting Youth Resilience (YouTube Video) (3 mins)

A 3-minute video visual discussing resilience and ways to support youth.

3. DIVAS PROGRAM

A program for young women aged 12-16 focusing on building resilience after experiencing trauma.

4. What is Resilience?

One page description of what resilience is and ways to build it.

5. Teen Support Groups

A support group for teens age 14-18 through the National Family Resource Center.

6. Who are you going to be? - Words from Michelle Obama (4 mins)

Former First Lady Michelle Obama gives a motivating speech to graduating students.