

Third-sector and community organisations

Therapeutic support

Online:

[Black River Counselling](#)

- Black River Counselling is a free online counselling service for people of Black African or African-Caribbean heritage. It exists to meet the mental health and wellbeing needs of the Black community.

National:

[The Black, African and Asian Therapy Network](#)

- The Black, African and Asian Therapy Network is a database of Black, African and Asian therapists in the UK who work specifically with people of colour.

Regional:

[Khulisa](#)

- Khulisa provides intensive therapeutic support and mentoring for young people who are at risk of, or have already become caught up in, violent or anti-social behaviour. Khulisa works in schools, prisons and communities in Manchester, London and Birmingham.

London:

[Black Minds Matter](#)

- Black Minds Matter works with young people and their communities across the London Borough of Wandsworth to improve Mental Health access, awareness and action.

[Partisan](#)

- Partisan provides culturally competent therapeutic support for people who may feel uncomfortable with or judged by traditional mental health services, working alongside children, young people, families and communities. It is based in London.

4FRONT

- 4FRONT empowers young people who are directly impacted by violence and the criminal justice system, centring healing, transformative justice and racial justice. 4FRONT specialises in providing culturally-specific services for Black people. It is based in London.

Power the Fight

- Power the Fight has developed a Therapeutic Intervention for Peace programme which is now being piloted across London. The programme provides culturally competent therapy to young people, families and frontline staff engaging/impacted by violence that affects young people.

Youth work and spaces for young people

National:

SOLVE: The Centre for Youth Violence and Conflict

- SOLVE is a Community Interest Company which addresses the causes of violence and conflict through research, training and service delivery across the UK. SOLVE runs a street-based detached youth work programme and delivers workshops for young people and training for professionals who work with them, including training on anti-racist practice.

Regional:

St Giles Trust

- The St Giles Trust provides a range of services in London, Cambridge, Norfolk, Suffolk and the West Midlands. Caseworkers based in hospitals and police custody suites work with young people who are at risk of or involved in criminal exploitation. The St Giles Trust also provides employment services for adults and young people who face additional barriers, supports people with multiple needs around substance misuse, mental health, homelessness and criminal justice involvement, and provides family support.

Kids of Colour

- Kids of Colour creates spaces for young people of colour to come together and explore race, identity and culture, and supports them to challenge the racism they face. It is based in Greater Manchester.

London:

Black Learning Achievement and Mental Health

- BLAM offers young people a more comprehensive and diverse education, a safe space where their mental health and general feelings can be discussed, and a chance to explore their interests and passions with consistent support from their local community. It is primarily based in Brixton, but also works in boroughs across London.

Bruce Grove Youth Space

- Bruce Grove is a youth space in Haringey, north London which runs a programme of sports activities and provides opportunities to young people who hope to enter the music industry. The space is closed during the Covid-19 pandemic, but continues to support young people with their mental health, emotional well-being and music development.

Juvenis

- Juvenis provides bespoke support and training for young people who are experiencing difficulties at school, home or in the community, helping them to engage or reengage with employment, education and training. Juvenis delivers DIVERT, a Metropolitan Police Service programme which connects young people who are leaving police custody with a youth worker. DIVERT is currently based at Brixton/Walworth police station.

Peckham Studios

- Peckham Studios is a multi-functional studio space in south-east London, offering a creative environment for both professional musicians and aspiring young people. The studio provides free youth music programmes for young people aged between 13-19, thanks to support and funding from The National Foundation for Youth Music and Southwark Council.

Learning, training and mentoring

National:

Black History Studies

- Black History Studies seeks to inform, inspire and empower people through Black History and Black Studies by educating the community throughout the UK to educate themselves. This includes workshops and presentations on Black history, financial education and health and wellbeing.

Leap Confronting Conflict

- Leap supports young people (aged 11-25) who have grown up in care, have been excluded from mainstream education, live in inner-city communities or are in the secure estate to manage conflict and achieve their goals. Leap also offers training for professionals who work with young people.

StandOut

- StandOut provides coaching and personalised support to people who are leaving prison. In May 2020, it launched a helpline for people who have recently left prison.

Regional:

Spark Inside

- Spark Inside delivers coaching programmes in prisons across London and the South East, including a life coaching programme for young Black men in prison. Hero's Journey™ from a Black Perspective was co-designed with young Black men with lived experience of imprisonment and addresses their specific experiences.

London:

Switchback

- Switchback provides intensive one-to-one support and work training for young adult prison leavers (aged 18-30) in London.

KORI

- The KORl mentoring programme provides Black, Asian and minority ethnic young people (aged 14 to 30) with personally tailored support to help them succeed in a range of industries. The programme is London-wide and focuses on young people who would otherwise be isolated or vulnerable due to a lack of financial support, caring guidance and access to the opportunities needed to fulfil adult lives.

Bernie Grant Arts Centre

- The Bernie Grant Arts Centre is a venue in Tottenham, north London, which seeks to reduce bias in the arts world. The Centre delivers creative learning programmes in the local community and in Haringey schools.

Services for women and girls

National:

Muslim Women's Network

- The Muslim Women's Network operates a national specialist faith and culturally sensitive helpline for Muslim women across the UK, and a culturally sensitive counselling service for Muslim women in Birmingham.

Clean Break

- Clean Break delivers theatre workshops and projects in prisons and in the community which build confidence, resilience and wellbeing, transforming the lives of women who have experienced the criminal justice system or who are at risk of entering it.

London:

Abianda

- Abianda is a London-based social enterprise that works with young women affected by gangs and county lines, and the professionals who support them.

Cassandra Centre

- Cassandra Centre is a charity based in Norbury, south west London, providing counselling, education and support to those affected by domestic abuse. It works with all those affected by and at risk of domestic abuse, including perpetrators, in a bid to break the cycle of abuse.

Milk & Honey

- Milk and Honey Bees is an expressive safe space that allows young women and girls flourish and take ownership of H.E.R (Healing, Empowerment and Resilience) through 1:1 sessions and creative group projects. Milk and Honey is involved in the Black Girl Global Justice Initiative. It is based in Brixton.

Sistah Space

- Sistah Space works with Black women and girls who have experienced domestic or sexual abuse or who have lost a loved one to domestic violence. It is based in Hackney.