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**Open Heart Leaders**

Phone: (858) 256-OPEN (6736)

Website: <http://www.openheartleaders.org>

Focus: mental health services

**Urban Restoration Counseling Center**

Phone: (619) 648-1158

Website: [www.urbanrestorationcounseling.org](http://www.urbanrestorationcounseling.org)

Focus: counseling services

**I Am My Brother's Keeper CDC**

Phone: (619) 262-7600

Website: [www.iambkcdc.org/](http://www.iambkcdc.org/)

Focus: Job Skills/ Entrepreneurship/Mentoring/ Workforce Development/ Conflict Resolution

**Pillars of the Community**

Email: [contact@potcsd.org](mailto:contact@potcsd.org)

Website: <http://potcsd.org>

Focus: Criminal Justice reform

**Urban Collaborative Project**

Phone: (619) 392-0203

Website: [www.ucproject.org](http://www.ucproject.org)

Focus: Civic Engagement/ safe neighborhoods

**NAACP ACT SO**

Phone: (619) 263-7823

[www.sandiegonaacp.org/actso/](http://www.sandiegonaacp.org/actso/)

Focus: Cultural achievement for African American Students

**Paving Great Futures**

Phone: (619) 308-6595

[www.pavinggreatfutures.org](http://www.pavinggreatfutures.org)

Focus: Economic, Social, and Political development

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**SDSU Center for Community Counseling & Engagement**

Phone: (619) 594-4918

Website: <http://www.centerforcommunitycounseling.org>

**National Alliance on Mental Illness (NAMI)**

Phone: (619) 543-1434, (858) 634-6580

Website: <http://www.namisaniego.org>

**SDSU Counseling & Psychological Services for SDSU Students**

Phone: (619) 594-5200

After Hours Crisis Line: (888) 724-7240

**Mental Health Systems**

Phone: (858) 380-4676

Fax: (858) 569-1824

[www.mhsinc.org/families-forward-wraparound](http://www.mhsinc.org/families-forward-wraparound)

**San Diego Information Line**

Hours: 24/7

Phone: 211

<http://www.211sandiego.org/new/>

## Health / Wellness /Peak Performance

**Black Men Run San Diego**

Nasara Gargonno

Email: [siriusfitness@gmail.com](mailto:siriusfitness@gmail.com)

African American Male Fitness Group

**Roots Up Yoga Flow**

Website: [www.rootsupyogaflow.com](http://www.rootsupyogaflow.com)

Black owned yoga studio

**No Limits Consulting & Coaching**

Phone: 619-535-6145

Website: <http://www.corneliusssimon.com>

Life Success Coach/Personal Growth



# Black {Men}tal Health Guide



**Comprehensive listing and resource directory for African American men.**

To get your business listed for free go to  
[www.buyblacksd.com](http://www.buyblacksd.com)

The history of race and gender create unique challenges for black males in a society that continues to survive off (e.g., prison industrial complex) their suffering. This unique experience has created a population, largely poor and suffering from generational trauma in a manner that was not experienced by any group in the United States. Some have characterized this as Post Traumatic Stress Disorder (PTSD), depression, anxiety, suicidal thoughts, reckless behavior and psychosis while also experiencing many physical ailments such as high blood, diabetes, obesity, and lower life expectancy. Many of these emotional and physical ailments go untreated!

This mental health resource lists organizations, programs, and professionals who are committed to empathically supporting the needs of black men and boys. This will foster an ongoing conversation into the emotional healing of a group that is most ignored yet highly stigmatized.

## BLACK MALE DOCTORS & THERAPISTS

### Terence I Shigg

Marriage & Family Therapist, MA, LMFT  
 Phone: (760) 490-0511  
 Website: [www.tlshigginc.com](http://www.tlshigginc.com)

### Dr. Ola Adeniranye

Marriage & Family Therapist, Psy.D  
 Phone: (619) 664-4653

### Nnamdi Rashid Okafor

LPC Intern, MS, MA, PCCI  
 Phone: (858) 264-2541 x6626

### Will Kelly Counseling

Clinical Social Work/Therapist, LCSW, MBA, MVF-CSW  
 Phone: (619) 627-0221

### Marcus Byrd

Drug & Alcohol Counselor, CADC-, CAS, NCAC-II  
 Phone: (619) 916-4481 x706  
 Website: [www.coachingthroughchaos.com](http://www.coachingthroughchaos.com)

### William J. Mitchell

Marriage & Family Therapist, MS, LMFT  
 (619) 345-5840  
 Website: [www.sd Couples.com/therapists/#/william-mitchell/](http://www.sd Couples.com/therapists/#/william-mitchell/)

### Andre David Maxie

Marriage & Family Therapist, MA, LMFT  
 (951) 456-4245

### Dr. Marchita Masters, Psy.D.

Phone: (858) 609-8879

### Shanelle D. Johnson, MA, MFTI, 83121

Phone: 619-343-9543

### Latisha Hill/Blueprint Counseling Solutions

Phone: 619-844-1345

[www.blueprintmylife.com](http://www.blueprintmylife.com)

## FOR CRISIS AND/OR EMERGENCIES

### Access and Crisis Hotline

888-724-7240

Provides 24-hour, 7-day a week, Free, Confidential, Crisis Intervention, Suicide Prevention, Suicide Intervention, Suicide Prevention and Access to Mental Health and Alcohol & Drug Services. Staffed by compassionate, mental health professionals.



### Walk-In Mental Health Services--South San Diego

Tuesdays & Thursdays 9am-3pm

Urgent Care Clinic

South Bay Guidance Center

835 3rd Ave., Suite C

Chula Vista, CA 91911

619-427-4661

### Walk-In Mental Health Services--South San Diego

Monday-Wednesday-Friday

9am-1pm

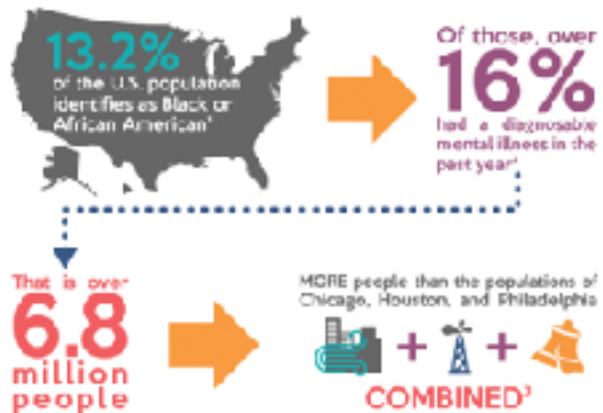
Urgent Care Clinic

Maria Sardinias Center

1465 30th St., Suite K

San Diego, CA 92154

Phone: 619-428-1000



SOURCES  
 \*Source: Census Bureau, 2013 American Factfinder Retrieved from <http://factfinder.census.gov/servlet/table>  
 \*\*Source: National Institute of Mental Health, 2013. Retrieved from <http://www.nimh.nih.gov/health/statistics/2013-mental-illness-factsheet.shtml>  
 \*\*\*Source: U.S. Census Bureau, 2013. Retrieved from <http://www.census.gov/popest/data/totals/2013/totals.html>  
 \*\*\*\*Source: U.S. Census Bureau, 2013. Retrieved from <http://www.census.gov/popest/data/totals/2013/totals.html>