

BIPOC MENTAL HEALTH RESOURCES

Because of longstanding systemic injustice, there are many barriers that limit access to high-quality, culturally-informed mental health care for BIPOC communities. This means that it is crucial to highlight the spaces that do exist that address racism-based stress and trauma, while affirming the countless strengths of BIPOC communities.

We know the work is far from over in creating culturally informed, quality mental health care for all, and The Mental Health Coalition is dedicated to addressing the mental health needs of BIPOC communities.

Use these resources for yourself, or share them with a friend or loved one. We can all make a difference in our communities by talking about and learning about mental health.

For immediate text support, reach out to **Crisis Text Line** by texting COALITION to **741741** to connect with a Crisis Counselor for free 24/7. You can also call National Suicide Prevention Lifeline at 1-800-273-8255. It's free and highly confidential, unless it's essential to contact emergency services to help you or your friend stay safe. O llame a Nacional de Prevención del Suicidio 1-888-628-9454.

Asian American Health Initiative

Improving health & wellness of Asian American communities.

Click here for mental health resources provided in a variety of different languages.

Asian Mental Health Collective

Raising awareness of the importance of mental health care, promoting emotional well-being, and challenging the stigma concerning mental illness amongst Asian communities globally.

Click here for more information.

Click here for Intl Crisis Lines.

Click here for podcasts on Asian MH.

AAKOMA Project

Helping diverse teens & their families achieve optimal mental health via dialogue, learning, and understanding everyone deserves care and support.

Click here to learn more.

Click here for podcast by founder of AAKOMA, Dr. Alfee, encouraging dialogue on MH needs of youth, young adults, families, communities of color.

The Association of Black Psychologists

Positively impacting the mental health of the national Black community by planning, programs, services, training, and advocacy.

Click here for their therapist directory.

Black Emotional and Mental Health Collective

Removing the barriers Black people experience getting access to or staying connected with emotional health care and healing.

Click here for more information on finding black virtual therapists.

Black Girls Smile

Empowering young American women to take ownership of their mental health and stability.

Click here for more information and resources.

Black Mental Health Alliance

Developing, promoting and sponsoring trusted, culturally-relevant educational forums, trainings and referral services that support the well-being of Black people & other vulnerable communities.

[Click here](#) for more info & resources.

Black Mental Wellness

Providing access to info and resources on MH from a Black perspective to highlight and increase diversity of MH professionals and decrease stigma.

[Click here](#) to learn more.

The Boris Lawrence Henson Foundation

Eradicating the stigma around mental health issues in the Black community.

[Click here](#) to learn more.

[Click here](#) for MH providers & programs serving Black community.

[Click here](#) for info on local sponsored virtual groups for youth.

Center for Black Women's Wellness

Providing free and low-cost services to empower Black women and their families toward physical, mental and economic wellness.

[Click here](#) to learn more.

Center for Native American Youth

Improving the health, safety, and overall well-being of Native American youth via inspiration, advocacy, natl resource exchange, and by building a Native-youth driven narrative.

[Click here](#) to learn more.

Eustress

Raising awareness of the importance of mental health in underserved communities, allowing individuals to identify and overcome challenges to achieve a healthier lifestyle.

[Click here](#) to learn more.

The Focus on You

An inspirational blog run by a Latina therapist with information on self-care and mental health.

[Click here](#) for blog content on Latinx mental health.

[Click here](#) for content on self-care.

Inclusive Therapists

Providing a directory of therapists who will offer care specifically for your unique identity.

[Click here](#) for more information.

Latinx Therapy

Working to break the stigma of mental health related to the Latinx community.

[Click here](#) for more information.

Love Land Foundation

Showing up for communities of color in unique and powerful ways, with a focus on Black women and girls.

[Click here](#) for more information.

MANA A National Latina Organization

Representing the interests of Latina women, youth and families on issues that impact our communities.

[Click here](#) for more information.

National Alliance for Hispanic Health

Improving the health and wellbeing of Hispanics via quality and availability of care. The National Hispanic Family Health Helpline provides free and confidential health info in Spanish and English. To reach the helpline, call 1-866-783-2645

[Click here](#) for more information

National Latino Behavioral Health Association

Influencing national behavioral health policy, eliminating disparities, and improving the quality of services and treatment outcomes for Latino populations.

[Click here](#) to sign up for the Juntos Network to get the latest news on behavioral health developments affecting Latinos.

National Queer and Trans People of Color Network

Offering a range of therapy options, including both paid unpaid sessions.

[Click here](#) for more information.

Pretty Brown Girls

Educating and empowering girls of color by encouraging self-acceptance while cultivating social, emotional & intellectual well-being.

[Click here](#) to learn more.

Silence the Shame

Empowering & educating communities on mental health and wellness.

Click here to access their community conversations for info about the effects of racial trauma and more.

Click here for info on Black MH.

South Asian Mental Health Alliance

Engaging, educating and mobilizing the BC South Asian community around issues related to mental health.

Click here for more information.

South Asian Therapists

The largest global community of South Asian therapists, including therapists of Indian, Pakistani, Bangladeshi, Sri Lankan, Afghani and Nepali heritage.

Click here for the therapist directory.

The Steve Fund

Promoting the mental health and emotional well-being of young people of color.

Click here to learn more.

Click here for the Knowledge Center on the well being of students of color.

The Trevor Project

The largest suicide prevention and crisis intervention organization for LGBTQ youth. If you are in crisis, feeling suicidal or need a safe and judgment-free place to talk 24/7 call The Trevor Lifeline 1-866-488-7386

Click here for more information on how to support black LGBTQ youth.

Therapy for Black Girls

Encouraging the mental wellness of Black women and girls.

Click here to learn more.

TherapyForBlackMen.org

Committed to the mental wellness of Black men and boys.

Click here to learn more.

Therapy for Latinx

Providing resources for Latinx community to heal, thrive, and become advocates for their own mental health.

Click here for an online therapist directory and **here** for more information.

Trans Lifeline

Connecting trans people to the community, support, and resources they need to survive and thrive. Call US/Canada: 877-330-6366 to connect with a peer support service run by trans people, for trans and questioning callers.

Click here for information on their Microgrants program, which provide trans and nonbinary people with low-barrier funds and support to correct names and/or gender markers on identifying legal documents. 75% of name change Microgrants go to trans BIPOC folks.

WeRNative

Providing a comprehensive health resource for Native youth, by Native youth, including content and stories about the topics that matter most to them.

Click here for more information.

More info & resources on BIPOC mental health:

American Foundation for Suicide Prevention: [click here](#)

Didi Hirsch Mental Health Services: [click here](#)

Mental Health America: [click here](#) and [here](#)

The National Alliance on Mental Illness: [click here](#)

THE MENTAL HEALTH COALITION

www.thementalhealthcoalition.org