

# MENTAL HEALTH RESOURCES: BIPOC

## BLACK AMERICANS

### BLACK EMOTIONAL AND MENTAL HEALTH (BEAM)

An organization dedicated to removing the barriers that prevent Black Americans from mental health treatment.

National Suicide Prevention Lifeline  
1-800-273-8255 or text HOME to 741741

**CALL BLACKLINE**  
Call (800) 604-5841.  
Aiding BIPOC and LGBTQ+ BIPOC through abuse, crisis, and mistreatment. Call for support and to report hate crimes.

### BLACK MENTAL WELLNESS

Provides access to evidence-based information and resources about mental and behavioral health topics from a Black perspective.

## BLACK MEN

### BLACK MEN HEAL

Provides access to mental health treatment, psycho-education, and community resources to men of color.

### THERAPY FOR BLACK MEN

A directory to help men of color find a therapist.

## BLACK WOMEN

### BLACK WOMEN'S HEALTH IMPERATIVE

A nonprofit organization created by Black women to help protect and advance the health and wellness of Black women and girls.

### THERAPY FOR BLACK GIRLS

A community dedicated to the wellness of Black women with a directory of Black therapists.

### SISTA AFYA COMMUNITY MENTAL WELLNESS

Sustaining the mental wellness of Black women through building community, sharing information, and connecting Black women to quality mental well services.

### THE LOVELAND FOUNDATION

Therapy funding available for Black women and girls.

## FINDING A BLACK THERAPIST

BORIS LAWRENCE HENSON FOUNDATION

BLACK MENTAL HEALTH ALLIANCE

MELANIN & MENTAL HEALTH

ASSOCIATION OF BLACK PSYCHOLOGISTS

# MENTAL HEALTH RESOURCES: BIPOC

ASIAN, PACIFIC ISLANDER, & SOUTH ASIAN AMERICAN

## ASIAN MENTAL HEALTH COLLECTIVE

A directory of APISAA therapists.

## NATIONAL ASIAN AMERICAN PACIFIC ISLANDER MENTAL HEALTH ASSOCIATION

A collection of training, resources, and blogs dedicated to promoting the mental health and well being of the Asian American and Pacific Islander communities.

HISPANIC/LATINO/A/X

## LATINX THERAPY

A Latinx therapist directory, podcasts, wellness resources, and training with the mission to destigmatize mental health in the Latinx community.

## LATINX/HISPANIC COMMUNITIES & MENTAL HEALTH

Spanish speaking resources for general mental health, including a list of Spanish language materials and Spanish-language screening tools.

LGBTQ+POC

## INCLUSIVE THERAPISTS

A directory of therapists specialized in working with the intersection of sexual, gender, and ethnic minorities.

## NATIONAL QUEER AND TRANS THERAPISTS OF COLOR NETWORK

A directory with an interactive digital map that helps QTPOC locate QTPOC mental health practitioners across the country.

YOUNG POC

## THE STEVE FUND

Dedicated to the mental health and emotional well-being of students of color with special resources, programs, and services for coping with COVID-19.

## TEEN MENTAL HEALTH

This website provides learning tools on a variety of mental illness and resources to help yourself and friends.

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## INDIGINOUS PEOPLE

### INDIAN COUNTRY CHILD TRAUMA CENTER

A SAMHSA-funded program established to develop training, technical assistance, program development and resources on trauma-informed care to tribal communities. Oklahoma City-based center specializes in treatment of Native American children that live with trauma and sexual abuse.

### STRONGHEARTS NATIVE HELPLINE

StrongHearts Native Helpline is a domestic violence and dating violence helpline for American Indians and Alaska Natives, offering culturally appropriate support daily from 7 a.m. to 10 p.m. CT via phone and online chat. StrongHearts Native Helpline's one-on-one chat sessions with advocates can be accessed by clicking on the "Chat Now" icon at [strongheartshelpline.org](http://strongheartshelpline.org).

### CIRCLES OF CARE

Describes the Substance Abuse and Mental Health Services Administration's grant program, Circles of Care, which develops culturally appropriate interventions to serve youth with serious behavioral health challenges.

### INDIAN HEALTH SERVICE

A Federal program for American Indians and Alaska Natives. Website includes FAQ for patients and a section on Behavior Health services in the AI/AN health care services.

### ONE SKY CENTER

Provides resources and a "Find a Therapist" locator for treating mental health and substance use disorder within Native American communities.