

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 PSYCHOLOGIST

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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.

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.