

BIPOC MENTAL HEALTH AWARENESS MONTH RESOURCES

RESOURCES FROM MHA

WEBPAGES:

- BIPOC Communities and COVID-19: <https://mhanational.org/bipoc-communities-and-covid-19>
- BIPOC Mental Health: <https://www.mhanational.org/bipoc-mental-health>
- Health Care Disparities Among Black, Indigenous, and People of Color: <https://www.mhanational.org/issues/healthcare-disparities-among-black-indigenous-and-people-color>
- How to Be An Ally in the Fight Against Racial Justice: <https://mhanational.org/blog/how-be-ally-fight-against-racial-injustice-and-better-mental-health-all>
- How to Find an Anti-Racist Therapist: https://screening.mhanational.org/content/how-find-anti-racist-therapist/?layout=actions_ah_topics
- I'm Angry About the Injustices I See Around Me: https://screening.mhanational.org/content/im-angry-about-injustices-i-see-around-me/?layout=actions_ah_topics
- Infographic- BIPOC and LGBTQ: <https://www.mhanational.org/infographic-bipoc-and-lgbtq-mental-health>
- Is My Therapist Being Racist?: https://screening.mhanational.org/content/my-therapist-being-racist/?layout=actions_ah_topics Mental Health
- Racial Trauma: <https://mhanational.org/racial-trauma>
- Racism and Mental Health: <https://mhanational.org/racism-and-mental-health>
- Take a Mental Health Screening: <https://screening.mhanational.org/screening-tools/>

WEBINARS:

- Back To Basics: Impact Of Culture On Mental Health Conversations: <https://mhanational.org/events/back-basics-impact-culture-mental-health-conversations>
- Racial Trauma and Communities of Color: Assessment and Treatment: <https://mhanational.org/events/racial-trauma-and-communities-color-assessment-and-treatment>

EN ESPAÑOL:

- Prueba de Ansiedad: <https://screening.mhanational.org/screening-tools/test-de-ansiedad/>
- Prueba de Depresión: <https://screening.mhanational.org/screening-tools/test-de-depresion/>
- Recursos En Español: <https://mhanational.org/recursos-en-espanol>

PREVIOUS BIPOC TOOLKITS:

- 2018: My Story My Way <https://mhanational.org/minority-mental-health-month-2018-mystorymyway>
- 2019: Depth of My Identity: <https://mhanational.org/minority-mental-health-month-2019-depthofmyidentity>
- 2020: Impact of Trauma: https://www.mhanational.org/sites/default/files/2020%20BIPOC%20MHM%20TOOLKIT%20FINAL%206.29.20_1.pdf

- **2021: Strength In Communities:** https://mhanational.org/sites/default/files/BIPOC-MHM-Toolkit-2021_Final_03_0.pdf

GENERAL RESOURCES & RESOURCES FOR INTERSECTIONAL IDENTITIES

- **A Facilitators Guide: Intersectional Approaches to Mental Health Education:** <https://wellbeing.ubc.ca/sites/wellbeing.ubc.ca/files/u9/Facilitator%20Guide%20-%20Intersectionality%20and%20Mental%20Health.pdf>
- **American Civil Liberties Union:** <https://www.aclu.org/>
- **APA: Working with Immigrant Origin Clients:** <https://www.apa.org/topics/immigration-refugees/report-professionals.pdf>
- **Brown Boi Project:** <https://www.brownboiproject.org/>
- **Clinicians of Color:** <https://www.cliniciansofcolor.org/>
- **Fireweed Collective:** <https://fireweedcollective.org/>
- **Health Coverage for Immigrants:** <https://www.healthcare.gov/immigrants/coverage/>
- **Human Rights Campaign:** <https://www.hrc.org/>
 - **Human Rights Campaign: QTBIPOC Mental Health and Wellness:** <https://www.hrc.org/resources/qtbi poc-mental-health-and-well-being>
- **Immigration Equality:** <https://immigrationequality.org/>
- **Incite:** <https://incite-national.org/>
- **Inclusive Therapists:** <https://www.inclusivetherapists.com/>
- **Informed Immigrant: Mental Health for Immigrants:** <https://www.informedimmigrant.com/guides/mental-health-undocumented-immigrants/>
- **LGBTQ Psychotherapists of Color:** <https://www.lgbtqpsychotherapistsofcolor.com/>
- **Melanin & Mental Health:** <https://www.melaninandmentalhealth.com/>
- **Migrant Clinicians Center:** <https://www.migrantclinician.org/>
- **My Undocumented Life:** <https://mydocumentedlife.org/>
- **Nalgona Positivity Pride:** <https://www.nalgonapositivitypride.com/>
- **National Immigrant Justice Center:** <https://immigrantjustice.org/>
- **National Immigration Law Center- Mental Health and Civil Rights Resources:** <https://www.nilc.org/mental-health-and-civil-rights-resources/>
- **National Network for Immigrant and Refugee Rights:** <https://nnirr.org/>
- **National Queer and Trans Therapists of Color Network:** <https://nqttcn.com/en/>
 - **En Espanol: Nacional Queer & Trans Red de Terapeutas de Color:** <https://nqttcn.com/es/>
- **Project LETS:** <https://projectlets.org/>
- **Rest for Resistance:** <https://restforresistance.com/>
- **The Steve Fund:** <https://www.stevfund.org/>
- **Therapy in Color:** <https://www.therapyincolor.org/>
- **United States Citizen and Immigration Services:** <https://www.uscis.gov/humanitarian>
- **United We Dream:** <https://unitedwedream.org/>



AMERICAN INDIAN/ALASKA NATIVE RESOURCES

- All My Relations Podcast: <https://www.allmyrelationspodcast.com/>
- American Indian Health and Family Services: <https://aihfs.org/about/>
- Anxiety and Depression Association of America: Native and Indigenous Communities: <https://adaa.org/find-help/by-demographics/native-indigenous-communities>
- Behavioral Health Services for American Indians and Alaska Natives For Behavioral Health Service Providers, Administrators, and Supervisors: https://store.samhsa.gov/sites/default/files/d7/priv/tip_61_aian_full_document_020419_0.pdf
- Center for Native American Youth: <https://www.cnay.org/>
- Healthy Native Youth: <https://www.healthynativeyouth.org/>
- Indian Health Service: <https://www.ihs.gov/>
- Indigenous Story Studio: <https://istorystudio.com/>
- MHA: Native and Indigenous Communities and Mental Health: <https://www.mhanational.org/issues/native-and-indigenous-communities-and-mental-health>
- National American Indian and Alaska Native Mental Health Technology Transfer Center Network: <https://mhttcnetwork.org/centers/national-american-indian-and-alaska-native-mhttc/home>
- National Indian Health Board: <https://www.nihb.org/index.php>
- Native Americans for Community Action: <https://nacainc.org/>
- Native Hope: <https://www.nativehope.org/>
- One Sky Center- The American Indian/Alaska Native National Resource Center for Health, Education, and Research: <https://www.oneskycenter.org/>
- SAMHSA Circles of Care: <https://www.samhsa.gov/tribal-ttac/circles-care>
- SAMHSA Tribal Affairs: <https://www.samhsa.gov/tribal-affairs>
- StrongHearts Native Help Line: <https://strongheartshelpline.org/>
- WeRNative: <https://www.wernative.org/>



ASIAN/PACIFIC RESOURCES

- Asian American Health Initiative: <https://aahiinfo.org/>
 - Asian American Health Initiative Mental Health Resources: <https://aahiinfo.org/aahi-resources/#mental-health-resources>
- Asian American Psychological Association: <https://aapaonline.org/>
- Asian Americans with Disabilities Initiative: <https://www.aadinitiative.org/>
 - The Asian Americans with Disabilities Initiative Resource Guide: <https://static1.squarespace.com/static/60cfe519bb807927ef5c9cd0/t/61e05e61718a1e76a5b848b2/1642094184561/AADI%2B2022%2BResource%2BGuide-011222.pdf>

- Asian and Pacific Islander American Health Forum: <https://www.apiahf.org/>
- Asian Mental Health Collective: <https://www.asianmhc.org/>
- Asian Pacific Community In Action: <https://apcaaz.org/>
- Asian Pacific Institute on Gender Based Violence: <https://www.api-gbv.org/>
- Asian Pride Project: <http://asianprideproject.org/>
- Coming Out Living Authentically as LGBTQ+ Asian and Pacific Islander Americans: https://assets2.hrc.org/files/assets/resources/HRC-Coming_Out-API-FINAL-web-2018.pdf
- Mental Health Association For Chinese Communities: <https://www.mhacc-usa.org/>
- Mustard Seed Generation: <https://www.mustardseedgeneration.org/>
- National Asian American Pacific Islander Mental Health Association: <https://www.naapimha.org/>
- National Queer Asian Pacific Islander Alliance: <https://www.nqapia.org/>
- Stop AAPI Hate: <https://stopaapihate.org/>
- Viet Care: <https://www.viet-care.org/>



ARAB/MUSLIM/MIDDLE EASTERN/SOUTH ASIAN RESOURCES

- Arab-American Family Support Center: <https://www.aafscny.org/>
- Desi/LGBTQ+ Helpline: <https://www.deqh.org/>
- Institute for Muslim Mental Health: <https://muslimmentalhealth.com/>
- Islamic Relief USA: <https://irusa.org/>
- Khalil Center: <https://khalilcenter.com/>
- Mannmukti: <https://mannmukti.org/>
- Muslim Mental Health Toolkit: <https://www.ispu.org/mental-health/>
- Resources for Muslim Mental Health Advocates: <https://muslimmentalhealth.com/>
- My Mantra: <https://www.mymantrawellness.com/>
- Naseeha Mental Health Helpline: <https://naseeha.org/>
- Sakhi for South Asian Women: <http://sakhi.org>
- South Asian Americans Leading Together (SAALT): <https://saalt.org/>
- South Asian Mental Health Initiative & Network (SAMHIN): <https://samhin.org/>
- South Asian Network: <https://www.southasiannetwork.org/>
- South Asian Sexual and Mental Health Alliance: <https://www.sasmha.org/>
- South Asian Therapists: <https://southasiantherapists.org/>
- The South Asian Public Health Association: <https://joinsapha.org/>
- What Does Islam Say About Mental Health?: <https://www.amaliah.com/post/62822/mental-health-in-islam-quran-and-hadith-mental-health-depression-in-islam>
- Yalla! Let's Talk: <https://yallaletstalk.com/>



BLACK/AFRICAN AMERICAN RESOURCES

- AAKOMA Project: <https://aakomaproject.org/>
- Black Emotional Mental Health (BEAM): <https://beam.community/>
- Black Men Heal: <https://blackmenheal.org/>
- Black Women's Health Imperative: <https://bwhi.org/>
- Eustress: <https://www.eustressinc.org/>
- GirlTrek: <https://www.girltrek.org/>
- MHA: Reimagining Self-Care for Black Folks: <https://www.mhanational.org/blog/reimagining-self-care-black-folks>
- National Black Justice Coalition: <https://nbjc.org/>
- Ourselves Black: <https://ourselvesblack.com/>
- Sista Afya: <https://www.sistaafya.com/>
- The Black Mental Wellness Lounge: <https://www.facebook.com/TheBlackMentalWellnessLounge/>
- The Boris Lawrence Henson Foundation: <https://borislhensonfoundation.org/>
- The Confess Project: <https://www.theconfessproject.com/>
- The Loveland Foundation: <https://thelovelandfoundation.org/>
- Therapy for Black Girls: <https://therapyforblackgirls.com/>
- Therapy for Black Men: <https://therapyforblackmen.org/>
- Tips for Self-Care for Black Families: <https://www.onoursleeves.org/mental-health-resources/minority-mental-health/self-care-for-black-families>



LATINX/HISPANIC RESOURCES

- American Society of Hispanic Psychiatry: <https://www.americansocietyhispanicpsychiatry.com/>
- Caminar Latino: <https://caminarlatino.org/>
- Esperanza United: <https://esperanzaunited.org/en/>
- Estoy Aqui: <https://estoy-aqui.org/>
- Latino Equality Alliance: <https://www.somoslea.org/>
- Latinx Therapists Action Network: <https://latinxtherapistsactionnetwork.org/>
 - Latinx Therapy Podcast: <https://latinxtherapy.com/podcast/>
- Latinx Therapy: <https://latinxtherapy.com/>
- MHA- Latinx/Hispanic Communities- Información Y Materiales De Salud Mental En Español: <https://mhanational.org/latinxhispanic-communities-informacion-y-materiales-de-salud-mental-en-espanol>
- NAMI: Compartiendo Esperanza: <https://www.nami.org/Support-Education/Mental-Health-Education/NAMI-Compartiendo-Esperanza-Mental-Wellness-in-the-Latinx-Community>

- National Alliance for Hispanic Health: <https://www.healthyamericas.org/>
- National Latino Behavioral Health Association: <http://www.nlbha.org/>
- Sad Girls Club: <https://sadgirlsclub.org/>
- The Latinx Mental Health Podcast: <https://www.latinxmhpodcast.com/>
- Therapy for Latinx: <https://www.therapyforlatinx.com/>
- UnidosUS: <https://www.unidosus.org/>
- Yo Soy Ella: <https://www.yosoyella.org/>



MULTIRACIAL RESOURCES

- American Association for Marriage and Family Therapy: Multiracial Families: https://www.aamft.org/Consumer_Updates/Multiracial_Families.aspx
- APA Bill of Rights For People Of Mixed Heritage: <https://www.apa.org/pubs/videos/4310742-rights.pdf>
- For Multiracial People Toolkit: <https://thetoolkit.wixsite.com/toolkit/for-multiracial-people-families>
- Mandala Center for Change: Multi-Heritage and Mixed Race Resources: <https://www.mandalaforchange.com/resources/articles/multi-heritage-mixed-race-resources/>
- Mixed in America: <https://www.mixedinamerica.org/>
 - Mixed Identity Workbook: <https://www.mixedinamerica.org/free-workbook/>
- Mixed Life Media: <https://www.mixedlife.net/>
- NPR Code Switch Team: <https://www.npr.org/sections/codeswitch/>
 - Racial Imposter Syndrome- Here are your stories: <https://www.npr.org/sections/codeswitch/2018/01/17/578386796/racial-impostor-syndrome-here-are-your-stories>
- Resources That Explore Identity for Multicultural or Mixed-Race Families: <https://socialworklicensemap.com/blog/resources-explore-multicultural-identity-mixed-race-families/>
- The Wholeness of Being a Mixed Race Person: <https://www.inclusivetherapists.com/blog/the-wholeness-of-being-a-mixed-race-person>
- Toward Racial Justice- Multiracial Family Dynamics: https://www.youtube.com/watch?v=z9K_tyymNp0
- Why Imposter Syndrome Goes Deep for Multiracial People: <https://mhanational.org/blog/why-imposter-syndrome-goes-deep-multiracial-people>