



# BIPOC Mental Health Resources

## FIND A THERAPIST



### **INNOPSYPCH**

Innopsych's therapist directory can match you with a therapist of color. Check out their webinars and posts about changing the face of therapy and mental health. Innopsych also offers professional resources for therapists of color.



### **INCLUSIVE THERAPISTS**

Inclusive Therapists centers the mental health needs of BIPOC and 2SLGBTQIA+ folks. Use this site to help match with therapists and find services tailored to the needs of individuals within these communities. A wide selection of languages is available.



### **NATIONAL QUEER AND TRANS THERAPISTS OF COLOR NETWORK**

NQTTN describe themselves as: "a healing justice organization that actively works to transform mental health for queer and trans people of color in North America." Check out NQTTN's directory of practitioners that you can search by region. NQTTN has built a network of mental health practitioners as well as a Mental Health Fund for those in need of financial assistance. They share resources for organizations seeking to uplift the community of trans people of color through healing justice initiatives.



### **THERAPY FOR BLACK GIRLS**

Therapy for Black Girls works to make therapy and mental healthcare more accessible for Black girls and women. Their website features a therapist directory, podcast, and a blog that cover topics specific to Black girls and the specific mental health challenges they face.

## HOTLINES



### **THE STEVE FUND**

**Text STEVE to 741-741**

The Steve Fund has partnered with the Crisis Text Line to connect young people of color to a culturally competent crisis counselor 24/7.



### **THE TREVOR PROJECT**

**Call 1-866-488-7386 or  
Text START to 678-678**

The Trevor Project offers mental health support for LGBTQ young people via call, text, and online chat, and published [this guide](#) with tips on how to support Black LGBTQ Youth.



### **ASIAN AMERICAN SUICIDE PREVENTION & EDUCATION**

**Call 1-877-990-8585**

The Asian LifeNet Hotline offers mental health support in Cantonese, Mandarin, Japanese, Korean, and Fujianese 24/7.



### **NATIONAL SUICIDE PREVENTION LIFELINE**

**Call 1-800-273-8255 or  
Español: 1-888-628-9454**

The National Suicide Prevention Lifeline offers confidential crisis support by phone 24/7.

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## LEARN MORE ABOUT BIPOC MENTAL HEALTH



### **OURSELVES BLACK**

Ourselves Black promotes Black mental health and wellness through narratives and sharing experiences. OB has a print magazine, online magazine, blog, and other educational resources for Black folks.



### **NAMI-RESOURCES FOR BLACK PEOPLE**

A comprehensive mental health guide for Black/African American people. This page offers information on mental health care barriers, cultural competency, and includes a list of mental health resources, therapist directories, self-care guides, and educational resources. Spanish translation is available.



### **ASIAN MENTAL HEALTH COLLECTIVE**

Asian Mental Health Collective seeks to destigmatize mental health issues in Asian communities, without compromising cherished traditions and culture. AMHC provides connection and information through their Facebook group, resource library, video web-series, and meetup groups.



### **AFSP-MENTAL HEALTH RESOURCES FOR UNDERREPRESENTED COMMUNITIES**

A list of national mental health and community empowerment resources for Black; Native & Indigenous, Hispanic/Latinx; Asian American, Native Hawaiian, and Pacific Islander communities.

## SMARTPHONE APPS



### **THE SAFE PLACE**

The Safe Place App features self-care tips, information about mental health conditions, and techniques for managing your mental health, with resources specifically for people of color and Black people.



### **SUBDIAL - ALTERNATIVES TO CALLING 911**

Subdial is an app that provides local first responder resource options specific to the user's needs. Subdial offers resources for incidents involving mental health, domestic disturbances, homelessness and other incidents.



### **ELEVATE APP**

Elevate is a Black-owned self-care app that provides inspirational messages, self-improvement challenges, and a community of hope for people who are experiencing mental health challenges.



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## LEARN MORE ABOUT BIPOC MENTAL HEALTH

- ★ **HOW CAN RACE INFLUENCE MENTAL HEALTH?**  
[Project LETS- Race and Mental Health](#)
- ★ **HOW CAN I SUPPORT THE MENTAL HEALTH OF STUDENTS OF COLOR?**  
[The Steve Fund Video Toolkit- Supporting the Wellbeing of Students of Color](#)
- ★ **HOW CAN ORGANIZATIONS SUPPORT THE MENTAL HEALTH OF BLACK EMPLOYEES?**  
[How Organizations Can Support the Mental Health of Black Employees](#)
- ★ **HOW CAN I HONOR VICTIMS OF RACIAL VIOLENCE?**  
[Talk About Trayvon, A Toolkit for White People by Black Lives Matter](#)
- ★ **WHAT DOES IT MEAN TO BE AN ALLY, OR ANTI-RACIST?**  
[The Guide to Allyship](#)  
[South Asian Sexual and Mental Health Alliance- Antiracism Guide](#)

### THE FRIEND ZONE [soundcloud.com/thefriendzonepodcast](https://soundcloud.com/thefriendzonepodcast)

The Friend Zone is a weekly podcast about all things mental health, mental wellness and mental hygiene ('cause who wants a musty brain?). Every Wednesday, hosts and real-life friends Fran, Dustin and Assanté share often-hilarious stories about their personal growth and lessons learned along the way on subjects like conflict resolution, parenting their inner child, discovering their love languages, and much more.

### THE READ [soundcloud.com/theread](https://soundcloud.com/theread)

The Read is a popular podcast and soon-to-be television show about analyzing (and often dragging) celebrity and entertainment culture. [out.com/television/2019/3/14/reads-kid-fury-and-crissle-west-are-coming-tv](https://out.com/television/2019/3/14/reads-kid-fury-and-crissle-west-are-coming-tv) But in a newer segment titled Crissle's Couch, co-host Crissle West shares lessons she's actively learning in therapy, answering listeners' letters and offering her own advice for growing through a setback, trauma or misunderstood mental health issues and sometimes, Kid Fury will chime in with his own advice.

### BROWN GIRL THERAPY [instagram.com/browngirltherapy/](https://instagram.com/browngirltherapy/)

Brown Girl Therapy is a social media platform founded by HuffPost editor Sahaj Kohli that provides a wellness community for South Asian and first-generation women. This pro-therapy page provides advice, affirmations and a safe space to share the unique experiences of being a first-generation American. [instagram.com/sahajkohli/](https://instagram.com/sahajkohli/)



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## **LATINX THERAPY** [instagram.com/latinxtherapy/](https://www.instagram.com/latinxtherapy/)

Latinx Therapy is another directory and social media platform dedicated to destigmatizing mental health care in the Latinx community. Founded by Adriana Alejandre, the platform offers a bilingual podcast and extensive therapist directory for those seeking help or reassurance as they explore their mental health. [instagram.com/latinxtherapist/](https://www.instagram.com/latinxtherapist/)

## **MANNMUKTI** [mannmukti.org/our-story](https://mannmukti.org/our-story)

MannMukti, which is Hindi for "mental liberation," is a place for South Asians to speak up and normalize mental health care in their communities. A self-described storytelling platform, MannMukti seeks to "encourage healthy, open dialogue of mental health issues in an effort to remove stigma, improve awareness and promote self-care." Interested parties can share their own mental health journeys by joining the community forum. [facebook.com/groups/206684379895063/](https://www.facebook.com/groups/206684379895063/)

## **YOU SHOULD SEE SOMEONE** [huffpost.com/feature/you-should-see-someone](https://www.huffpost.com/feature/you-should-see-someone)

Taking care of your mind is just as important as taking care of your body. You Should See Someone is a HuffPost Life series that will teach you everything you need to know about doing therapy, giving you informative, no-B.S. stories on seeking mental health help: how to do it, what to expect, and why it matters. Share your stories on social with the hashtag #DoingTherapy.

## **SHINE: CALM ANXIETY & STRESS** [apps.apple.com/us/app/shine-calm-anxiety-stress/id1293721589](https://apps.apple.com/us/app/shine-calm-anxiety-stress/id1293721589)

Shine was started in the name of fundamentally shifting representation in mental health. Available for download on multiple platforms, the Shine app is your support system for daily stress and anxiety, providing the opportunity to learn a new self-care strategy every day, and get support from a diverse community. Shine HQ stands in solidarity with activists around the world fighting for justice for Black lives. The Shine app now includes a section of free Shine meditations specific to Black wellbeing.

## **LIBERATE MEDITATION** [apps.apple.com/us/app/liberate-meditation/id1451620569](https://apps.apple.com/us/app/liberate-meditation/id1451620569)

Liberate is the #1 meditation app for the Black, Indigenous, People of Color (BIPOC) community. Use Liberate to reduce anxiety, stress less and sleep better. Adapted from a compilation by Stacey M. Hayes, J.D.

## **QUEERWOC: THE PODCAST** [soundcloud.com/queerwoc](https://soundcloud.com/queerwoc)

QueerWOC is an online community and podcast for Queer Women of Color run by its founders, Money and Nikeeta. Money is a mental health counselor and doctoral candidate and Nikeeta is an organizer and activist. They hold conversations on discrimination within the LGBTQ community, activism and revolution, and how to use writing of prominent Queer WOC to inspire healing. One segment called the "Mental Moment," centers the preservation of mental health.