



BIPOC MENTAL HEALTH RESOURCES

BLACK AND AFRICAN AMERICAN COMMUNITIES

BLACK EMOTIONAL AND MENTAL HEALTH COLLECTIVE (BEAM)

BEAM's mission is to remove the barriers that Black people experience getting access to or staying connected with emotional health care and healing. We do this through healing justice based organizing, education, training, grantmaking and advocacy.

THERAPY FOR BLACK GIRLS

So often the stigma surrounding mental health issues and therapy prevents Black women from taking the step of seeing a therapist. This space was developed to present mental health topics in a way that feels more accessible and relevant.

THERAPY FOR BLACK MEN

TherapyForBlackMen.org is a directory to help men of color in their search for a therapist. Using the directory, men can search by therapist location and specialization. Searching by location, the results will include the therapists near you and will display their credentials, location, and the issues they treat.

THE FOUNDATION FOR BLACK WOMEN'S WELLNESS

We will radically transform Black Women's health by creating a world where Black women and girls live long, happy and thriving lives, defined by healthy minds, bodies and spirits.

DEPRESSED WHILE BLACK: HELP ME FIND A THERAPIST

In partnership with Darkness Rising, a mental health awareness nonprofit, Help Me Find A Therapist is a free program that directly assists community members in the search for Black therapists. Users fill out a digital form to make customized requests for culturally competent therapy and can expect to receive contact information for up to 3 Black therapists which meet their criteria, tips for their first therapy consultation, and more.

SHINE APP

We started Shine because we didn't see ourselves—a Black woman and a half-Japanese woman—and our experiences represented in mainstream "wellness." Our bodies, our skin color, our financial access, our past traumas—it all often felt otherized. We met as coworkers, and the support we found in each other changed everything. We knew we had to help more people cope, process, and heal on a daily basis in a way that worked for them. That's what we hope Shine does for you. We hope it's your inclusive self-care toolkit to help you deal with the day-to-day highs and lows, and, with time, find healing that will last you a lifetime.



BIPOC MENTAL HEALTH RESOURCES

ASIAN AMERICAN AND PACIFIC ISLANDER COMMUNITIES

APISAA THERAPIST DIRECTORY

It is the mission of AMHC to normalize and de-stigmatize mental health within the Asian community. AMHC aspires to make mental health easily available, approachable, and accessible to Asian communities worldwide.

SOUTH ASIAN MENTAL HEALTH INITIATIVE & NETWORK

Born into the South Asian community, we often take mental health and wellness for granted. As a result, instead of being able to access mental health care, we are faced with roadblocks such as the stigma and taboo associated with mental illness. SAMHIN's primary goal is to overcome these notions and improve the mental health of the South Asian community through educational programs on the importance of mental health and wellness and improved access to care.

ASIAN PRIDE PROJECT

An online space for family and friends of lesbian, gay, bisexual and transgender (LGBT) Asian & Pacific Islander (API) people. It is a place to share our stories and experiences with each other, in the languages of our communities, in video, sound, pictures, and words. Together, we can move towards understanding and celebrating our families and friends for who they are.

ASIAN & PACIFIC ISLANDER AMERICAN HEALTH FORUM (APIAHF)

Focuses on improving the health of Asian Americans, Native Hawaiians, and Pacific Islanders. Sign up for a weekly digital community care package which includes inspirational stories, resources in a variety of languages, tools for adjusting and managing mental health, and a platform to share your story/connect with others.

SOUTH ASIAN THERAPISTS DIRECTORY

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

ASIAN MENTAL HEALTH COLLECTIVE

Raising awareness about the importance of mental health care, promoting emotional well-being, and challenging the stigma.



BIPOC MENTAL HEALTH RESOURCES

LATINX AND HISPANIC COMMUNITIES

[THERAPY FOR LATINX](#)

Finding a mental health provider shouldn't make you feel worse. We know first hand that going through Google searches and endless directories can feel daunting. Sometimes it may even feel easier to give up all together, we know because we've been there too. Therapy for Latinx was created to make this process as easy as possible. Search our listings to find therapists that honor who you are, provide services with dignity, and can code switch like the best of them.

[LANTINX THERAPY](#)

Latinx Therapy was founded in 2018 with the mission to destigmatize mental health in the Latinx community. Since then, we have expanded to become a bilingual podcast and national directory to find a Latinx Therapist (98% of our directory are Spanish speakers). Latinx Therapy strives to provide culturally-grounded workshops and services to our community.

[AMERICAN SOCIETY OF HISPANIC PSYCHIATRY](#)

Works to foster multidisciplinary collaborations in mental health treatment with a specific focus on LatinX populations.

[NATIONAL ALLIANCE FOR HISPANIC HEALTH](#)

The National Alliance for Hispanic Health is the premier science-based and community-driven organization that focuses on the best health for all. Community-based members provide services to more than 15 million Hispanics throughout the U.S. every year and national organization members provide services to more than 100 million people annually.

[NATIONAL LATINO BEHAVIORAL HEALTH ASSOCIATION](#)

NLBHA was established to fill a need for a unified national voice for Latino populations in the behavioral health arena and to bring attention to the great disparities that exist in areas of access, utilization, practice based research and adequately trained personnel.



BIPOC MENTAL HEALTH RESOURCES

NATIVE AND INDIGENOUS COMMUNITIES

INDIAN HEALTH SERVICE

This map can be used to find an Indian Health Service, Tribal or Urban Indian Health Program facility.

ONE SKY CENTER

This group is working to improve prevention and treatment of mental health and substance use problems and services among Native people. There are a number of downloadable resources, of particular note is their Guide to Suicide Prevention.

NATIVE COMMUNITIES OF CARE TOOLKIT

Native Communities of Care brings together California's American Indian & Alaska Native Wellness Movement to work together to support behavioral health and wellness for mind, body, and spirit.

THE NATIONAL AMERICAN INDIAN AND ALASKA NATIVE MHTTC

An auxiliary of Mental Health Technology Transfer Center (MHTTC), which provides evidence-based mental health education to health care systems and providers serving American Indian and Alaska Native individuals, families, and tribal and urban Indian communities.

TWO SPIRIT AND LGBTQ HEALTH

Provided by the Northwest Portland Area Indian Health Board, which provides members resources as they journey toward self-acceptance, supportive healthcare, and communities that celebrate them. There are resources for providers, allies and those who identify as LGBTQ.

BIPOC MENTAL HEALTH RESOURCES

FOR ALL BLACK, INDIGENOUS, PEOPLE OF COLOR

THE STEVE FUND

The Steve Fund is the nation's only organization focused on supporting the mental health and emotional well-being of young people of color.

PROJECT HEAL BIPOC TREATMENT EQUITY PROJECT

Project HEAL's BIPOC Treatment Equity Project is specifically dedicated to connecting Black, Indigenous, and People of Color to accessible, quality eating disorder treatment. Research shows that ethnic minorities struggle at the same rates as their white counterparts, but are exponentially less likely to be diagnosed, supported, treated, or given any opportunity to recover. Contrary to biases and assumptions, eating disorders are not a "white woman problem" and Project HEAL is committed to breaking down the barriers that BIPOC uniquely experience to full eating disorder recovery.

INCLUSIVE THERAPIST

We center the needs of marginalized populations, including Black, Indigenous, and People of Color, the LGBTQ+ community, neurodivergent folx, and people with disabilities.

LIBERATE APP

Meditation and healing app by and for BIPOC individuals that focuses on racial trauma, microaggressions, access and navigating difficult feelings.