

BIPOC MENTAL HEALTH RESOURCES



As a result of the pandemic, individuals and communities have experienced the need for mental health support. However, with the impact of systemic racism, the needs for BIPOC are unique and even more apparent as marginalized individuals. Please find resources specific to support BIPOC mental health.

Asian American Health Initiative

Asian American Health Initiative is an organization seeking to improve the health and wellness of Asian American communities.

Click [here](#) to learn more

Asian Mental Health Collective

Asian Mental Health Collective's mission is to raise awareness about the importance of mental health care, promote emotional well-being, and challenge the stigma concerning mental illness amongst Asian communities globally.

Click [here](#) for more information and resources

Asian Mental Health Project

This organization exists to prevent Asian individuals from the fear and guilt that are often associated with mental illness by increasing dialogue via storytelling and helping spread support resources with mental health professionals.

Click [here](#) for more information and resources

AAKOMA Project

The AAKOMA Project is helping diverse teenagers and their families achieve optimal mental health through dialogue, learning, and the baseline understanding that everyone deserves care and support.

Click [here](#) to learn more

Ayana Therapy

Ayana Therapy aims to address the lack of engagement between minorities and the mental health care industry as a result of cost, stigma, and lack of cultural competency. They do this by matching users with licensed professionals that share their unique traits, values, and sensibilities.

Click [here](#) for more information and resources

Black Emotional & Mental Health Collective (BEAM)

BEAM's mission is to remove the barriers that Black people experience when obtaining access to or staying connected with emotional health care and healing.

Click [here](#) for more information and resources

Black Girls Smile

Black Girls Smile's mission is to empower young, American women to take ownership of their mental health and stability.

Click [here](#) for more information and resources

Black Mental Health Alliance

Black Mental Health Alliance's mission is to develop, promote and sponsor trusted culturally-relevant educational forums, trainings and referral services that support the health and well-being of Black people and other vulnerable communities.

Click [here](#) for more information and resources

Black Mental Wellness

Black Mental Wellness provides access to evidence-based information and resources about mental and behavioral health topics from a Black perspective with an aim to increase the diversity of mental health professionals and decrease mental health stigma in the Black community.

Click [here](#) to learn more

The Boris Lawrence Henson Foundation (BLHF)

BLHF's vision is to eradicate the stigma around mental health issues in the African-American community.

Click [here](#) to learn more

BIPOC MENTAL HEALTH RESOURCES



Ethel's Club

Ethel club's mission is to create healing spaces that center and celebrate people of color through conversation, wellness and creativity. This was inspired by Ethel Lucas, a matriarch figure in a tight-knit Black community whose home offered warmth, laughter, and care. This organization was founded by her granddaughter.

Click [here](#) to learn more

Eustress

Eustress raises awareness on the importance of mental health in underserved communities allowing individuals to identify and overcome challenges to achieve a healthier and productive lifestyle.

Click [here](#) to learn more

Latinx Therapy

Latinx Therapy is an organization working to break the stigma of mental health related to the Latinx community.

Click [here](#) for more information

Liberate

Liberate is a free meditation app designed specifically for the BIPOC community and led by BIPOC teachers

Click [here](#) for more information

Loveland Foundation

Loveland Foundation is committed to showing up for communities of color in unique and powerful ways, with a particular focus on Black women and girls.

Click [here](#) for more information

MANA A National Latina Organization

MANA A National Latina Organization represents the interests of Latina women, youth and families on issues that impact our communities.

Click [here](#) for more information

MIND Right

MindRight is a judgment-free place for growth, healing and hope. They provide culturally responsive mental health coaching to teens over text message.

Click [here](#) to learn more

National Alliance on Mental Illness (NAMI)

NAMI's mission is to help families and individuals affected by mental illness build better lives through education, support and advocacy.

Click [here](#) for information

National Alliance for Hispanic Health

National Alliance for Hispanic Health focuses on improving the health and wellbeing of Hispanics through improving the quality of care and its availability to all.

Click [here](#) for more information

National Queer and Trans People of Color Network

National Queer and Trans People of Color Network offers a range of therapy options including both paid and unpaid sessions.

Click [here](#) for more information

BIPOC MENTAL HEALTH RESOURCES



Pretty Brown Girls

Pretty Brown Girls is dedicated to educating and empowering girls of color by encouraging self-acceptance while cultivating social, emotional & intellectual well-being.

Click [here](#) to learn more

QTPOC Mental Health

QTPOC Mental Health is a grassroots trans-led organization founded by Dom Chatterjee. QTPOC Mental Health exists to “connect trans and queer people of color to resources, including each other, and create online and in real life support.”

Click [here](#) to learn more

Real

Real is a therapy startup that is offering free group sessions to BIPOC. Each session focuses on a different topic and the Real team ensures a safe digital space for participants to get support.

Click [here](#) for more information

The Safe Place

The Safe Place offers a free smartphone app focused on psychoeducation and self-care for minority mental health, geared towards the Black community.

Click [here](#) for more information

Sista Afya

Sista Afya is a social enterprise that provides low-cost mental wellness services that center the experiences of Black women. We believe that by making mental wellness simple, accessible, affordable, and centered around Black women's experiences, more people will get what they need to have a full, whole life.

Click [here](#) for more information

South Asian Mental Health Alliance

South Asian Mental Health Alliance (SAMHAA) is a new non-profit community network engaging, educating and mobilizing the BC South Asian community around issues related to mental health.

Click [here](#) for more information

South Asian Mental Health Initiative & Network

SAMHIN, was formed in 2014 to address a broad range of mental health needs of the growing South Asian community in the United States. SAMHIN is a team of dedicated, multifaceted, determined, and passionate individuals ready to help.

Click [here](#) for more information

The Steve Fund

The Steve Fund's mission is to promote the mental health and emotional well-being of young people of color.

Click [here](#) for more details

The Trevor Project

The Trevor Project is the world's largest suicide prevention and crisis intervention organization for LGBTQ young people. If you are in crisis, feeling suicidal or need a safe and judgment-free place to talk 24/7 call The Trevor Lifeline 1-866-488-7386.

Learn how to support Black LGBTQ youth [here](#)

Therapy for Black Girls

Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls.

Click [here](#) for more details

BIPOC MENTAL HEALTH RESOURCES



TherapyForBlackMen.org

TherapyForBlackMen.org is committed to the mental wellness of Black men and boys.

Click [here](#) to learn more

Therapy for Latinx

Therapy for Latinx is a national mental health resource for the Latinx community that provides resources for Latinx community to heal, thrive, and become advocates for their own mental health.

Click [here](#) for more information

WeRNative

WeRNative is a comprehensive health resource for Native youth, by Native youth, providing content and stories about the topics that matter most to them. They strive to promote holistic health and positive growth in their local communities and nation at large.

Click [here](#) for more information