

BIPOC MENTAL HEALTH RESOURCES

July is BIPOC (Black, Indigenous, People of Color) Mental Health Month.

The Mental Health Coalition is dedicated to addressing the mental health needs of the BIPOC community, and we know that society's work is far from over in creating culturally informed, quality mental health equity for all.

Please find specific mental health resources for the BIPOC community below.

For immediate text support, reach out to **Crisis Text Line** by texting COALITION to **741741** to connect with a Crisis Counselor for free 24/7. You can also call National Suicide Prevention Lifeline at 1-800-273-8255. It's free and highly confidential, unless it's essential to contact emergency services to help you or your friend stay safe.

Nacional de Prevención del Suicidio 1-888-628-9454

American Foundation for Suicide Prevention

The American Foundation for Suicide Prevention is dedicated to saving lives and bringing hope to those affected by suicide.

Click here for information and BIPOC mental health resources.

Asian American Health Initiative

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

Click here for mental health resources provided in a variety of different languages.

Asian Mental Health Collective

Asian Mental Health Collective 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.

AAKOMA Project

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

Click here to learn more.

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.

Click here for more information on finding black virtual therapists.

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 health and behavioral health topics from a Black perspective, to highlight and increase the diversity of mental health professionals, and to decrease the 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.

Center for Black Women's Wellness (CBWW)

CBWW is a non-profit organization that provides free and low-cost services to empower black women, and their families, toward physical, mental and economic wellness.

[Click here](#) to learn more.

Center for Native American Youth

Center for Native American Youth believes all Native American youth should lead full and healthy lives, have equal access to opportunity, and draw strength from their culture and one another.

[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.

Inclusive Therapists

Inclusive Therapists provide a directory or directly matches people with therapists who will offer care specifically for your unique identity. The idea is to make the process of searching for a therapist less daunting, especially for marginalized people.

[Click here](#) for more information

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.

Love Land Foundation

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

MANA A National Latina Organization

MANA A National Latina Organization is a national grassroots membership organization with chapters, individual members and affiliates across the country. MANA represents the interests of Latina women, youth and families on issues that impact our communities.

[Click here](#) for more information.

Mental Health America

Mental Health America is the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and promoting mental health for all.

[Click here](#) for more information on BIPOC mental health and [here](#) to download a comprehensive toolkit on BIPOC mental health.

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 on BIPOC mental health.

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. The National Hispanic Family Health Helpline provides free and confidential health information in Spanish and English. To reach the helpline call, 1-866-783-2645

[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. "Our community encompasses Black, Indigenous, Latinx, Arab, middle-eastern, Asian, pacific islander, and mixed-race, lesbian, gay, bisexual, queer, transgender, two-spirit, gender non-conforming, genderqueer, and non-binary people committed to healing justice for our people."

[Click here](#) for more information.

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.

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

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

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](#) to learn more.

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

[Click here](#) for more information on how to support black LGBTQ youth.

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](#) to learn more.

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 an online therapist directory and [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 our local communities and nation at large.

[Click here](#) for more information.

THE MENTAL HEALTH COALITION

www.thementalhealthcoalition.org