

# RESOURCES FROM MHA

Mental Health America has the following pages dedicated to the BIPOC and LGBTQ+ communities on its website and welcomes you to use and share this information in whatever way best suits your needs.

## GENERAL MENTAL HEALTH RESOURCES FOR BIPOC

[BIPOC Mental Health](#)

[Infographic: BIPOC And LGBTQ+ Mental Health](#)

[Health Care Disparities Among Black, Indigenous, And People Of Color](#)

[BIPOC Communities and COVID-19](#)

[Racial Trauma](#)

[Racism and Mental Health](#)

[How To Find an Anti-Racist Therapist](#)

[Is My Therapist Being Racist?](#)

[I Have Trauma From Racism](#)

[I'm Angry About the Injustices I See Around Me](#)

## BLACK AND AFRICAN AMERICAN COMMUNITIES

[Black and African American Communities and Mental Health](#)

[Black Pioneers In Mental Health](#)

[Bipolar Disorder And Black Americans](#)

[Depression In Black Americans](#)

## MENTAL HEALTH SCREENING TOOLS

MHA has 10+ screening tools available in English and provides screens for depression and anxiety in Spanish at [mhascreening.org](#). Screening is a free, anonymous, and confidential way to determine if a person is experiencing symptoms of a mental health condition. Results can be used to start a conversation with friends, family members, or health care professionals.

## TOOLS 2 THRIVE

MHA's Tools 2 Thrive materials, available in English and Spanish, provide practical tools (tips and worksheets) that everyone can use to improve their mental health and increase resiliency regardless of their situation. Learn more at [mhanational.org/tools2thrive](#).

## LATINX/HISPANIC COMMUNITIES

[Latinx/Hispanic Communities and Mental Health](#)

[Información Y Materiales De Salud Mental En Español \(Information and Materials for Mental Health in Spanish\)](#)

## ASIAN AMERICAN AND PACIFIC ISLANDER COMMUNITIES

[Asian American/Pacific Islander Communities and Mental Health](#)

## NATIVE AND INDIGENOUS COMMUNITIES

[Native and Indigenous Communities and Mental Health](#)

## LGBTQ+ COMMUNITIES

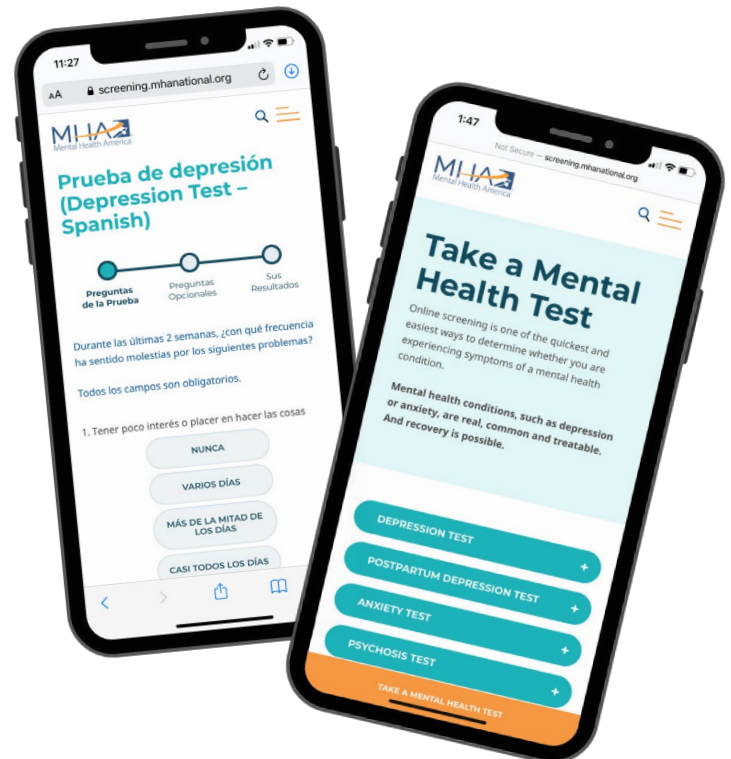
[LGBTQ+ Communities and Mental Health](#)

[Bullying: LGBTQ+ Youth](#)

[Experiencing Abuse in an LGBTQ+ Relationship](#)

[How To Find LGBTQ-Friendly Therapy](#)

[Questions to Help QTBIPOC Find Affirming Mental Health Providers](#)



# OTHER RESOURCES AND TOOLS

## BLACK/AFRICAN AMERICAN COMMUNITIES

**Black Emotional and Mental Health (BEAM):** BEAM is a training, movement building, and grant-making organization dedicated to the healing, wellness, and liberation of Black communities. BEAM envisions a world where there are no barriers to Black Healing.

- [Toolkits & Education](#): Graphics on accountability, self-control, and emotional awareness; journal prompts; articles on Black mental health.
- [Videos](#): Trainings and webinars, recorded and available for free.

**The Boris Lawrence Henson Foundation:** Changing the perception of mental illness in the African American community by encouraging people to get the help they need; focuses on stigma/self-stigma reduction and building trust between Black people and the mental health field.

- [Resource Guide](#): Directory of mental health providers and programs that serve the Black community; includes therapists, support groups, etc., but also digital content, faith-based programs, and educational programs.

**Therapy for Black Girls:** Online space encouraging the mental wellness of Black women and girls; referral tool to find a therapist in your area.

- [Therapist Directory](#): Find trusted therapists that can help you navigate being a strong, Black woman; can search for an in-office therapist by your location or a virtual therapist.
- [The Yellow Couch Collective](#): A paid membership community (\$9.99/mo), space for Black women to gather to support, encourage, and learn from each other.

**The Loveland Foundation:** Financial assistance to Black women and girls seeking therapy.

**Therapy for Black Men:** Primarily a therapist directory for Black men seeking therapy; includes some resources and stories.

- [Therapist Directory](#)

**Dr. Ebony's My Therapy Cards:** Self-exploration card deck created by a Black female psychologist for other women of color; created with the intention of helping other women of color grow and elevate in the areas of emotional and mental health.

## LATINX/HISPANIC COMMUNITIES

**Therapy for Latinx:** National mental health resource for the Latinx community; provides resources for the Latinx community to heal, thrive, and become advocates for their own mental health.

- [Therapist Directory](#)
- [Book Recommendations](#)

**Latinx Therapy:** Breaking the stigma of mental health related to the Latinx community; learn self-help techniques, how to support yourself and others.

**The Focus on You:** Self-care, mental health, and inspirational blog run by a Latina therapist.

## ASIAN AMERICAN/PACIFIC ISLANDER COMMUNITIES

**Asian American Psychological Association (AAPA):** Dedicated to advancing the mental health and well-being of Asian American communities through research, professional practice, education, and policy.

- [Fact Sheets](#)
- [Bullying Awareness Campaign](#)
- [LGBTQ+ Resources](#)

**Asian & Pacific Islander American Health Forum:** Focused on improving the health of Asian Americans, Native Hawaiians, and Pacific Islanders.

- [Community Care Package](#): COVID-focused weekly digital "community care package" 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.

**Asian American Health Initiative:** Part of the Montgomery County Department of Health & Human Services, includes Asian American resources.

- [Online Photo Novels](#)

## [National Asian American Pacific Islander Mental Health Association](#)

- [Directory of Mental Health Service Providers for Asian Americans, Native Hawaiians, and Pacific Islanders \(by state\)](#)
- [COVID-19 Resources](#)
- [Combatting Racism Resources](#)

# OTHER RESOURCES AND TOOLS

## NATIVE AND INDIGENOUS COMMUNITIES

**Indigenous Story Studio:** Creates illustrations, posters, videos, and comic books on health and social issues for youth (Canada-based).

- [Strength of the Sash](#) and [Tomorrow's Hope](#): Suicide prevention
- [Making it Right](#): Community justice, policing
- [Just a Story](#): Mental health stigma

**One Sky Center:** The American Indian/Alaska Native National Resource Center for Health, Education, and Research; mission is to improve prevention and treatment of mental health and substance use problems and services among Native people.

- [A Guide to Suicide Prevention](#)
- [Presentations and Publications](#): A number of downloadable resources by topic (addiction treatment, adolescents, crisis care and disaster management, disparity of health services, mental health management, and more).

**WeRNative:** A comprehensive health resource for Native youth by Native youth, promoting holistic health and positive growth in local communities and the nation at large.

- My Culture – [Wellness and Healing, Identity](#)
- My Life – My Mind – [Mental Health Difficulties, Improve Your Mood, Getting Help](#), and more (including specific mental health issues)
- My Relationships – [Unhealthy Relationships, Communicating, LGBT – Two Spirit](#)
- [Ask Auntie](#): Like an advice column – type in your question, and it will pull up similar ones; if none answer what you're asking, Auntie Amanda will write up an answer and notify you when it is posted.

## LGBTQ+ COMMUNITIES

**The Trevor Project:** An American nonprofit organization founded in 1998 focused on suicide prevention efforts among lesbian, gay, bisexual, transgender, queer, and questioning youth.

- [TrevorLifeline/Chat/Text](#): 24/7 support via phone, text, or online instant messaging.

**National Queer and Trans Therapists of Color Network:** A healing justice organization committed to transforming mental health for queer & trans people of color (QTPoC).

**Mental Health Fund for Queer and Trans People of Color:** Provides financial support for QTPoC to increase access to mental health support.

- [Mental Health Practitioner Directory](#)

**Gay, Lesbian, and Straight Education Network (GLSEN):** A national network of educators, students, and local chapters working to give students a safe, supportive, and LGBTQ+ inclusive education.

- [Resources for Educators](#)
- [Resources for Students](#) (to create change in their own schools)

**Human Rights Campaign:** America's largest civil rights organization working to achieve LGBTQ+ equality. Their website has a wealth of information and resources for the LGBTQ+ community and their allies.

- [Resources](#) (organized by topic – includes content on individual identities, communities of color, workplace, and more).