

## RESOURCE GUIDE

# BIPOC MENTAL HEALTH RESOURCES

There are a variety of mental health resources available for Black, Indigenous, People of Color (BIPOC). Please see some examples below, compiled by the National Alliance on Mental Illness (NAMI) and Corporate Counseling Associates (CCA). Please note: The resources included here are not endorsed by NAMI or CCA. Neither NAMI nor CCA is responsible for the content of or service provided by any of these resources.

### **AAKOMA PROJECT**

Focused on educating and empowering youth of color and their caregivers to take care of their mental health, AAKOMA offers a free virtual therapy program for intersectional youth and young adults of color ages 12 - 30.

### **BLACK EMOTIONAL AND MENTAL HEALTH COLLECTIVE (BEAM)**

Group aimed at removing the barriers that Black people experience getting access to or staying connected with emotional health care and healing. They do this through education, training, advocacy and the creative arts.

### **BLACK GIRLS SMILE**

This organization focuses on ensuring all young African American females receive the resources and support necessary to lead mentally healthy lives.

# BIPOC MENTAL HEALTH RESOURCES

## **BLACK HEALTH FACTS**

A resource center for the Knowledge Movement, this collection of information and stories aims to increase awareness of inequities in health and healthcare among Black Americans, influence change, and be a destination for finding help.

## **BLACK MEN HEAL**

Limited and selective free mental health service opportunities for Black men.

## **BLACK MENTAL HEALTH ALLIANCE**

Provides information and resources and a “Find a Therapist” locator to connect with a culturally competent mental health professional.

## **BLACK MENTAL WELLNESS**

Provides access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective, as well as training opportunities for students and professionals.

## **BLACK WOMEN’S HEALTH IMPERATIVE**

Organization advancing health equity and social justice for Black women through policy, advocacy, education, research and leadership development.

## **BORIS LAWRENCE HENSON FOUNDATION**

BLHF has launched the COVID-19 Free Virtual Therapy Support Campaign to raise money for mental health services provided by licensed clinicians in our network. Individuals with life-changing stressors and anxiety related to the coronavirus will have the cost for up to five (5) individual sessions defrayed on a first come, first serve basis until all funds are committed or exhausted.

## **BROTHER YOU’RE ON MY MIND**

An initiative launched by Omega Psi Phi Fraternity, Inc. and NIMHD to raise awareness of the mental health challenges associated with depression and stress that affect Black men and families. Website offers an online toolkit that provides Omega Psi Phi Fraternity chapters with the materials needed to educate fellow fraternity brothers and community members on depression and stress in Black men.

## **EBONY’S MENTAL HEALTH RESOURCES BY STATE**

List of Black-owned and focused mental health resources by state as compiled by Ebony magazine.

## **LOVELAND FOUNDATION**

With the barriers affecting access to treatment by members of diverse ethnic and racial groups, the Loveland Therapy Fund provides financial assistance to Black women and girls seeking therapy nationally.

## **MELANIN AND MENTAL HEALTH**

Connects individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities. Promotes the growth and healing of diverse communities through its website, online directory and events.

## **OURSELVES BLACK**

Provides information on promoting mental health and developing positive coping mechanisms through a podcast, online magazine and online discussion groups.

## **SISTA AFYA**

Organization that provides mental wellness education, resource connection and community support for Black women.

# BIPOC MENTAL HEALTH RESOURCES

## THErapy FOR BLACK GIRLS

Online space dedicated to encouraging the mental wellness of Black women and girls. Offers listing of mental health professionals across the country who provide high quality, culturally competent services to Black women and girls, an informational podcast and an online support community.

## THE SIWE PROJECT

Non-profit dedicated to promoting mental health awareness throughout the global Black community.

## THE STEVE FUND

Organization focused on supporting the mental health and emotional well-being of young people of color.

## TREATMENT DIRECTORIES

- [Inclusive Therapists](#)
- [LGBTQ Psychotherapists of Color Directory](#)
- [National Queer and Trans Therapists of Color Network](#)
- [Psychology Today Directory of African American Therapists](#)
- [Therapy for Black Men](#)

## YOU ARE NOT ALONE

Please be reminded that support is always available through the Employee Assistance Program. JHEAP can help you and your household members by providing free, confidential access to emotional and mental-wellbeing resources, including:

- 24/7 phone access to counselors for in-the-moment support
- Referrals to short-term professional counseling for any issue that's on your mind
- Resources and referrals to support medication management, and self-care for mind, body and spirit
- Online articles, tips and self-assessments to help identify signs, symptoms and treatment options for various conditions

