

CALLS TO ACTION

FOR PROVIDERS & ORGANIZATIONS:

- Include and fund updated BIPOC data collection and culturally responsive screenings.
- Fund and create continuous culturally responsive education and training for mental health practitioners.
- Fund and implement diverse recruitment and retention of BIPOC practitioners and volunteers for mental health care settings.
- Promote BIPOC protective factors and community supports. Check out the protective factors section of each cultural factsheet in this toolkit for ideas.
- Provide linguistically appropriate resources, including, but not limited to, materials translated into relevant languages and bilingual services. To get this toolkit in another language, use [this survey](#) to share your language requests with MHA.
- Share this year's [BIPOC Mental Health Month resources list](#).
- Aim to be culturally responsive and culturally humble – not culturally competent.

FOR INDIVIDUALS:

- Share this toolkit on your social media. Check out pages 4 and 5 of this toolkit for shareable social media posts.
- Promote the use of specific language when referring to cultural groups. Remember, BIPOC only describes a very general group of communities.
- Share this year's [BIPOC Mental Health Month resources list](#).
- [Take a screening](#) and encourage others to do the same.
- [Get involved in policy](#).

WANT TO MAKE LARGE-SCALE CHANGE AND HELP US MOVE #BEYONDTHENUMBERS?

- Tell Congress to vote in favor of the Pursuing Equity Act, the [Mental Health Services for Students Act](#), and the [STANDUP Act](#).
 - [Send a letter to Congress](#) in support of school-based mental health and suicide prevention education and services.
- Tell Congress to fully fund culturally and linguistically responsive crisis services and specialized supports within 988 for BIPOC and LGBTQ+ communities.
 - [Send a letter to Congress](#) in support of specialized crisis services for BIPOC and LGBTQ communities.

STAY UP TO DATE ON MHA'S POSITIONS THAT SUPPORT BIPOC MENTAL HEALTH:

- [MHA's Equity Framework](#), which describes how MHA approaches our policy work.
- [MHA's Equity Rubric](#), which helps us decide whether or not to support a policy.