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.