

# BIPOC MENTAL HEALTH RESOURCES



## Resources for Immediate Assistance

**988 Suicide & Crisis Lifeline** provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

Phone: 988 (Spanish and English help available)

TTY users: 1-800-799-4889

Hours: 24/7

Website: [988lifeline.org](https://988lifeline.org)

Crisis Chat: [988lifeline.org/chat](https://988lifeline.org/chat)

**Crisis Text Line** is a free text-enabled support program that provides crisis-related assistance.

Text: HELLO to 741741 for English or AYUDA to 741741 for Spanish.

Hours: 24/7

Website: [crisistextline.org](https://crisistextline.org)

**Call Blackline** is a community resource to promote social justice in crisis interventions for BIPOC communities. This resource also provides people with an avenue to report harmful, physical, and inappropriate contact with police and vigilantes.

Phone: 1-800-604-5841

Website: [callblackline.com](https://callblackline.com)

**Project LETS** offers a Trans Lifeline to provide support to individuals in crisis or approaching a crisis without police involvement to prevent ongoing systemic disparities for trans populations.

Phone: 877-565-8860

Website: [projectlets.org/crisis-support](https://projectlets.org/crisis-support)

**Warmlines** are non-crisis lines that individuals can reach out to speak with someone about their issues.

Most often, warmlines are operated by consumer-run organizations that exist in various states. You can find a list of warmlines at [warmline.org](https://warmline.org).

## Spanish-language Assistance

The **American Psychiatric Association's** La Salud Mental program provides a collection of mental health resources on specific conditions/topics in Spanish and English.

Website: [psychiatry.org/patients-families/la-salud-mental](https://psychiatry.org/patients-families/la-salud-mental)

The **National Alliance for Hispanic Health** Su Familia program provides free, reliable and confidential health information in Spanish and English for families and individuals.

Phone: 1-866-783-2645

Hours: Monday through Friday, 9:00 AM to 6 PM

Website: [healthyamericas.org/help-line](https://healthyamericas.org/help-line)

The **National Institute of Mental Health Resource Information Center** assists individuals with specific mental health-related questions. They also have free publications that people can order, including Spanish language publications.

Phone: 1-866-615-6464 (Spanish and English help available)

Hours: Monday through Friday, 8:30 AM – 5 PM EST

Website: [infocenter.nimh.nih.gov/publications/espanol](https://infocenter.nimh.nih.gov/publications/espanol)

## Resources from Mental Health America

### General Resources:

- [Find ways to connect.](#)
- Take a mental health screen at [mhascreening.org](https://mhascreening.org).
- [MHA's BIPOC Mental Health Resource Center \(mhanational.org/bipoc\)](https://mhanational.org/bipoc) is a collection of articles, videos, and blogs that provide information about mental health in BIPOC communities while elevating the voice of lived experience.
- [MHA's Inspire Community](#) provides a space where those with lived experiences of mental health conditions, their loved ones, and community stakeholders are encouraged to use this space for support and inspiration. We recently added our BIPOC Mental Health community topic where you can share personal experiences, ask questions, and connect with others.
- [MHA Peer Programs](#)

### En Español:

- [Recursos en Español](#)
- [Prueba de Ansiedad](#)
- [Prueba de Depresion](#)

### Additional Reading:

- [How to find an anti-racist therapist](#)
- [Will my new therapist understand my needs?](#)
- [I have trauma from racism](#)
- [Is my therapist being racist?](#)
- [Talking to your loved ones about mental health](#)
- [Choosing the right mental health care for you](#)
- [Creating a community safety and connection plan](#)
- [Advocating for better community spaces](#)
- [Alternatives to calling the police in a crisis](#)

## Additional Trusted Resources

### General:

- [AAKOMA Project](#) works to build the consciousness of intersectional youth and young adults of color and their caregivers on the recognition and importance of mental health, empower youth and young adults of color and their families to seek help and manage mental health, and influence systems and services to receive and address the needs of youth and young adults of color and their families.
- [Calathea Wellness](#) helps first-generation Latine professionals embrace their bicultural identity to elevate their confidence, deepen their connections, and amplify their individual and professional fulfillment.
- [Future of SEL](#) helps people develop mindful work habits, make better business decisions, and build positive relationships to retain talent and create well spaces for all so that owners, leaders, and employees are living and leading well.
- [Human Rights Campaign](#) works alongside lawmakers and groups at the state and local levels all over the country to fight for LGBTQ+ equality.
- [Inclusive Therapists](#) works to make the process of finding a therapist simpler and safer, centering the needs of BIPOC and LGBTQIA2S+ intersections (QTBIPOC). Their mission prioritizes the voices and expressions of neurodivergent and disabled communities of color.
- [Informed Immigrant](#) has become both a digital hub and offline network offering the most up-to-date and accessible information and guidance for the undocumented immigrant community.
- [Nalgona Positivity Pride](#) is an unconventional eating disorder awareness organization that shines a light

on the often-overlooked societal factors that perpetuate unrealistic and oppressive beauty and health standards. NPP offers a vital space for BIPOC individuals to celebrate and embrace their bodies and identities.

- [National Network for Immigrant and Refugee Rights \(NNIRR\)](#) works to defend and expand the rights of all immigrants and refugees, regardless of immigration status.
- [National Queer and Trans Therapists of Color](#) advances healing justice by transforming mental health for queer and trans BIPOC individuals.
- The [Office of Minority Health Resource Center](#) is a one-stop shop for minority health literature, research, and referrals.
- [Project LETS](#) builds peer support collectives, leads political education, develops new knowledge and language around mental distress, organizes and advocates for the liberation of our community members globally, and creates innovative, peer-led, alternatives to our current mental health system.
- [Radical Mental Health First Aid](#) is mutual aid. RMHFA is harm reduction. RMHFA is non-carceral. RMHFA is imbued with the energy and spirit of Teranga (“we invite you in with open arms. what affects you, what ails you, what reinforces you also affects me and my community. you are not alone. we breathe as one”).
- [Recovery Dharma Online](#) (RDO) is an independent Recovery Dharma community that works together to host safe, inclusive, and reliable Buddhist-inspired recovery meetings
- [Rooted in Radiance](#) offers solutions that emphasize well-being, fitness, and mental resilience. We curate creative and culturally tailored programming that empowers people to achieve their goals, enhance their mental health and form lifelong healthy habits.

#### **Communities of African Descent/Black Communities:**

- [Black Emotional and Mental Health Collective \(BEAM\)](#) is a national training, movement building, and grant making institution that is dedicated to the healing, wellness, and liberation of Black and marginalized communities.
- [Black Girls Can Heal](#) is an online community and coaching program dedicated to helping women break the cycles of unavailable partnerships, unhealthy relationships and feeling not enough here to provide via evidence based and real, actionable tools.
- [Black Men Heal](#) provides access to mental health treatment, psycho-education, and community resources to men of color.
- [Therapy for Black Girls](#) is an online space dedicated to encouraging the mental wellness of Black women and girls.
- [Therapy for Black Men](#) wants to break the stigma that asking for help is a sign of weakness. With a rapidly growing directory of 608 therapists and 50 coaches throughout the 50 states thus far, Therapy for Black Men provides judgment-free, multiculturally-competent care to Black men.

#### **Communities of Arab Descent:**

- [Khalil Center](#) is a psychological and spiritual community wellness center advancing the professional practice of psychology rooted in Islamic principles.
- [Institute for Muslim Mental Health](#) promotes Muslim Americans’ mental health through research, resource development, training and advocacy.
- [Naseeha](#) is a Mental Health Helpline that answers calls from around the world from Muslim and non-muslims.
- [Muslim Wellness Foundation](#) utilizes a holistic and spiritually-grounded psychological approach, we cultivate honest conversations and experiences wherein radical healing, belonging, and growth can flourish.

#### **Communities of Asian or Pacific Islander Descent:**

- [Asian Counseling and Referral Services \(ACRS\)](#) promotes social justice and the well-being and empowerment of Asian Americans and Pacific Islanders and other underserved communities – including immigrants, refugees, and American-born – by developing, providing and advocating for innovative, effective and efficient community-based multilingual and multicultural services.
- [Asian Mental Health Collective](#) aspires to make mental health easily available, approachable, and accessible to Asian communities worldwide.

- [Mustard Seed Generation](#) exists to eradicate barriers to mental health that increase life dissatisfaction, family dysfunction, and suicide in the Korean American community. We provide culture-specific training to increase the mental health literacy of Korean American churches, families, and youth.
- [Yellow Chair Collective](#) provides culturally relevant therapy for Asian Americans. YCC doesn't simply view therapy as addressing the problem you're facing or the symptom you're experiencing. YCC takes into account who you are as a person first and what is truly important to you.

### Communities of Indigenous Descent:

- [One Sky Center](#) is a National Resource Center for American Indian and Alaska Native Health, Education and Research. It is dedicated to quality health care across Indian Country.
- [Native Hope](#) exists to address the injustice done to Native Americans. We share Native stories, provide educational resources, and assist Native communities.
- [WeRNative](#) is a comprehensive health resource for Native youth, by Native youth, providing content and stories about the topics that matter most to them. We strive to promote holistic health and positive growth in our local communities and nation at large.

### Communities of Latine or Hispanic Descent:

- [Estoy Aqui](#) offers innovative training programs to providers in the helping professions who want to learn about the socio-cultural aspects of mental health in Latine and Black communities.
- [Latinx Parenting](#) is a bilingual organization rooted in children's rights, social and racial justice and antiracism, the individual and collective practice of nonviolence and reparenting, intergenerational and ancestral healing, cultural sustenance, and the active decolonization of oppressive practices in our families.
- [Latinx Therapy](#) is a national directory for Latinx Therapists in private practice. Latinx Therapy works to destigmatize mental health in the Latinx community by providing a bilingual podcast, national directory, and culturally-grounded workshops and services.
- [Therapy for Latinx](#) was created to make finding a mental health provider as easy as possible. Search our listings to find therapists that honor who you are, provide services with dignity, and can code switch like the best of them.

### Communities of Multiracial Descent:

- [Mixed in America](#) is a community organization looking to have more nuanced conversation about race in America, specifically through the multiracial lens. Our goal is to empower the mixed community by facilitating supportive spaces for mixed individuals to explore and unpack their identities. Mixed in America offers services for adults, children, affinity groups, schools, and businesses. Our approach is trauma informed, holistic, inclusive and autonomous.