

## BIPOC MENTAL HEALTH RESOURCES

BIPOC (Black, Indigenous, People of Color) Mental Health Month (originally Minority Mental Health Awareness Month) exists to “bring awareness to the unique struggles that underrepresented groups face regarding mental illness in the United States.”<sup>1</sup>

In recognition of those unique struggles, we have compiled a list of mental health resources focused on supporting various BIPOC communities. We know this list represents some but not all of the resources available. If you have one you’d like to recommend, we’d love to know about it. Please email any relevant information and links to us at [findhelp@twloha.com](mailto:findhelp@twloha.com).

1 [Mental Health America](#)

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### [TWLOHA’s Treatment & Recovery Scholarships](#)

These funds represent a collective belief that all people should have access to professional mental health care. This application is open to anyone regardless of race or ethnicity, but if you are a person of color facing financial barriers we encourage you to [apply here](#). We can also help you connect with a therapist in your community.

### [TWLOHA’s FIND HELP Tool](#)

After typing in your zip code and level of care, you can use the “Personal Filter” tab in the top left corner to present the most relevant search options. To find BIPOC resources in your area, please use the personal filter, and choose the relevant option in the Race/Ethnicity section. If there are other filters that fit your circumstances or needs, please feel free to use them as well.

## Referral Networks + Resources

### [Inclusive Therapists](#)

Inclusive Therapists offers a safer, simpler way to find a culturally responsive, social justice-oriented therapist. We center the needs of marginalized populations, including Black, Indigenous, and People of Color, the LGBTQ+ community, neurodivergent folx, and people with disabilities.

### [Therapy for Latinx](#)

Therapy for Latinx leverages technology to serve as a national mental health resource for the Latinx community by working with licensed therapists across the country. We provide resources for our community to heal, thrive, and become advocates for their own mental health.

Therapy for Latinx uses the latest technology to make it as easy as possible for people to find therapists, life coaches, emergency mental health centers, and free/low costs community clinics.

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

NAAPIMHA's mission is to promote the mental health and well being of the Asian American and Pacific Islander communities. Since its founding, NAAPIMHA strives to raise awareness of the role of mental health in an individual's health and well-being, especially in Asian American Pacific Islander communities throughout the country.

### [National Queer and Trans Therapists of Color Network](#)

An interactive digital directory that helps QTPoC locate QTPoC mental health practitioners across the country. It includes a Google map as well as a Featured Practitioners page which is organized regionally to assist people in identifying a practitioner to work with.

### [Association of Black Psychologists](#)

This listing comprises Psychologists who are members of The Association of Black

Psychologists who own and operate their own private practice business or are employed as therapists, and have elected to participate in this directory.

### [Open Path Psychotherapy Collective](#)

Open Path Psychotherapy Collective is a non-profit nationwide network of mental health professionals dedicated to providing in-office mental health care—at a steeply reduced rate—to individuals, couples, children, and families in need. Open Path therapists provide affordable, in-office and online psychotherapy sessions between \$30 and \$60.

### [Ayana Therapy](#)

The Ayana Therapy app strives to address the strong lack of engagement between minorities and the mental health care industry which arises as a result of cost, stigma, and lack of cultural competency. They help match users with licensed professionals that share their unique traits, values, and sensibilities.

### [Latinx Therapy](#)

Latinx Therapy is a digital platform in the form of a podcast about mental wellbeing and destigmatization in the Latinx community. Currently, Latinx Therapy has expanded to be a trusted national, bilingual resource for the Latinx community, and this will continue to grow.

### [FindAMulticulturalTherapist.com](#)

Find a Multicultural Therapist is a psychotherapy directory specializing in providing an opportunity for people from different cultural backgrounds to find a therapist who shares their cultural experience. Their goal is to assist in connecting individuals to culturally competent therapists.

### [Melanin & Mental Health](#)

Melanin & Mental Health was born out of a desire to connect individuals with culturally competent clinicians committed to serving the mental health needs of Black &

Latinx/Hispanic communities. They are committed to promoting the growth and healing of communities through their website, online directory, and monthly events.

### [Psychology Today](#)

If you need help finding an BIPOC therapist, Psychology Today offers a search tool matched on zip code or city.

### **Additional Resources**

#### [Healhaus](#) – Brooklyn, NY

Wellness center in Brooklyn NY offering classes, mindfulness exercises, and online classes, workshops, and private sessions.

#### [One Sky Center](#)

The mission of One Sky Center is to improve prevention and treatment of mental health and substance abuse problems and services among Native people.

#### [WeRNative: My Mind](#)

A comprehensive health resource for Native youth, by Native youth, providing content and stories about the topics that matter most to them. They strive to promote holistic health and positive growth in our local communities and nation at large.

#### [Ethel's Club](#)

Digital membership club focused empowering people of color in wellness, culture, and creativity.

#### [Sad Girls Club](#)

An online platform and in real life community created to bring girls together who are battling mental illnesses. There are three goals that stand at the forefront of their work— Remove the negative stigma integrated in mental health conversations. Provide mental

health services to girls who do not have access to therapy and treatment. Create in real-life safe spaces that build a community for young women to know—they are not alone.

### [Thank You For Breathing](#)

Bridging the gap between personal + community responsibility: comment section to IRL.

The Breathing Space is now home to an audience made up of individuals, like-minded and un-like minded, invested in each other's lived experiences, partaking in candid discourse; safely, openly, and freely.