

Resources for BIPOC communities

Mental health virtual provider directories

- [Asians for Mental Health](#): US Asian therapist directory
- [Asian Mental Health Collective](#): US and Canadian Asian therapist directories
- [Black Mental Health Alliance](#): Culturally competent and patient-centered licensed mental health professionals
- [Black Virtual Wellness Directory](#)
- [Boris Lawrence Henson Foundation Resource Directory](#): Mental health providers, programs and resource materials for the African American community
- [Inclusive Therapists](#): Culturally competent and social justice-oriented therapists
- [Innopsych](#): Therapists of color
- [Latinx Therapy](#)
- [Melanin & Mental Health Directory](#): Mental health clinicians for Black and Latinx/Hispanic communities
- [Psychology Today Directory of African American Therapists](#)
- [Therapy for Black Girls Directory](#)
- [Therapy for Black Men Directory](#)
- [Therapy for Latinx](#)

Mental health resources

[AAKOMA](#): Building the consciousness of Youth of Color and their caregivers on the recognition and importance of mental health

[The Asian Mental Health Project](#): Aims to educate and empower Asian communities seeking mental healthcare

[Behavioral Health Division of the Indian Health Service](#): Promotes the integration of behavioral health and primary care treatment, while respecting the balance, wellness, and resilience of AI/AN people

[Black Emotional and Mental Health Collective \(BEAM\)](#): Through education, training, advocacy and the creative arts, this group aims to remove the barriers that Black people experience getting access to or staying connected with emotional healthcare and healing

[Black Girls Smile](#): Provides gender-responsive and culturally-affirming mental wellness education, resources and support geared toward Black women and girls.

[Black Lives Matter Meditations](#): Guided meditation directed toward healing racial trauma

[Black Men Heal](#): Limited and selective free mental health service opportunities for Black men

[Black Mental Wellness](#): Provides access to evidence-based information and resources about mental 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

Mental health resources continued

Circles of Care: A SAMHSA Center for Mental Health Services, Tribal Training and Technical Assistance Center program that creates models of care for American Indian and Alaska Native youth

Dear Black Women Project: An affirmation movement for Black women by Black women— includes affirmation, resources and therapist connection

Ebony's Mental Health Resources by State: List of Black-owned and focused mental health resources by state as compiled by Ebony magazine

Eustress: Empowers people, especially students, young adults and athletes, to take control of their mental health

Indian Country Child Trauma Center: Develops trauma-related treatment protocols, outreach materials and service delivery guidelines specifically designed for American Indian and Alaska Native children and their families

The Loveland Foundation: Prioritizes opportunity, action, validation and healing for communities of color with a particular focus on Black girls and women. Includes a therapy fund to aid Black women and girls seeking therapy nationally

Mocha Health: Health and wellness resource for Black women, with special focus on racial disparities and maternal morbidity and mortality

The Nap Ministry: Explores and promotes the healing power of napping for BIPOC communities—with a focus on Black people—whose rest is challenged by the ever-present trauma in their lives

One Sky Center: National resource center for American Indigenous and Alaskan Indigenous communities for access to health, education and research

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

POC Online Classroom: Contains readings on the importance of self-care, mental healthcare and healing for people of color and within activist movements

Racial Trauma Guide: Virtual guide on coping with racial stressors and being an ally, developed by the EMPOWER (Engaging Minorities in Prevention Outreach Wellness Education & Research) Lab

Sista Afya: Organization that provides mental wellness education, resource connection and community support for Black women

The Steve Fund: Organization focused on supporting the mental health and emotional wellbeing of young people of color

Stronghearts Native Helpline: A safe, anonymous and confidential domestic, dating and sexual violence helpline for American Indians and Alaska Natives, offering culturally appropriate support and advocacy. Call 1-844-7NATIVE daily from 7 a.m. to 10 p.m. CT

We R Native: For indigenous youth: information about health, relationships, education—all things youth-centered. Also offers various contests and grants