OTHER RESOURCES AND TOOLS

BLACK AND AFRICAN AMERICAN COMMUNITIES
Black Emotional and Mental Health (BEAM): BEAM is a training, movement building and grant making organization dedicated to the healing, wellness, and liberation of Black communities. BEAM envisions a world where there are no barriers to Black Healing.

The Boris Lawrence Henson Foundation: This organization is working to change the perception of mental illness in the African-American community by encouraging people to get the help they need; focuses on stigma/self-stigma reduction and building trust between Black people and the mental health field. See their directory of mental health providers and programs that serve the Black community.

The Loveland Foundation: This foundation provides financial assistance to Black women & girls seeking therapy.

Therapy for Black Girls: This is an online space encouraging the mental wellness of Black women and girls; has referral tool to find a therapist in your area.

Therapy for Black Men: Primarily a therapist directory for Black men seeking therapy; website includes resources and stories.

Dr. Ebony’s My Therapy Cards: A self-exploration card deck created by a Black female psychologist for other women of color, created with the intention of helping other women of color grow and elevate in the areas of emotional and mental health.

LATINX/HISPANIC COMMUNITIES
Therapy for Latinx: A national mental health resource for the Latinx community; provides resources for Latinx community to heal, thrive, and become advocates for their own mental health. Also includes a therapist directory.

Latinx Therapy: An organization working to break the stigma of mental health related to the Latinx community; learn self-help techniques, how to support self & others.

The Focus on You: Self-care, mental health, and an inspirational blog run by a Latina therapist.

ASIAN AMERICAN/PACIFIC ISLANDER COMMUNITIES
Asian American Psychological Association (AAPA): An organization dedicated to advancing the mental health and wellbeing of Asian American communities through research, professional practice, education, and policy.

Asian & Pacific Islander American Health Forum: Focused on improving the health of Asian Americans, Native Hawaiians, and Pacific Islanders. Sign up for a weekly digital “community care package” which includes inspirational stories, resources in a variety of languages, tools for adjusting and managing mental health, and a platform to share your story/connect with others.

Asian American Health Initiative: An organization responding to the health needs of Asian Americans. Resources are provided in 5 different languages on a variety of topics.

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NATIVE AND INDIGENOUS COMMUNITIES

**Indigenous Story Studio:** A Canadian organization that creates illustrations, posters, videos, and comic books on health and social issues for youth.

**One Sky Center - The American Indian/Alaska Native National Resource Center for Health, Education, and Research:** This group is working to improve prevention and treatment of mental health and substance use problems and services among Native people. There are a number of downloadable resources, of particular note is their Guide to Suicide Prevention.

**WeRNative:** A comprehensive health resource for Native youth by Native youth, promoting holistic health and positive growth in local communities and the nation at large.

LGBTQ+ COMMUNITIES

**The Trevor Project:** The leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25, including the TrevorLifeline, which provides 24/7 support via phone, text, or online instant messaging.

**National Queer and Trans Therapists of Color Network:** A healing justice organization committed to transforming mental health for queer & trans people of color (QTPoC). Of note, they have a Mental Health Fund for Queer and Trans People of Color and a Mental Health Practitioner Directory.

**Gay, Lesbian, and Straight Education Network (GLSEN):** A national network of educators, students, and local chapters working to give students a safe, supportive, and LGBTQ+ inclusive education. See their resources for educators and resources for students (to create change in their own schools).

**Human Rights Campaign:** America’s largest civil rights organization working to achieve LGBTQ equality. Their website has a wealth of information and resources for the LGBTQ+ community and their allies. Resources are organized by topic – including content on individual identities, communities of color, workplace, and more.