RESOURCES FROM MHA

Mental Health America has the following pages dedicated to the BIPOC and LGBTQ+ communities on its website and welcomes you to use and share this information in whatever way best suits your needs.

GENERAL MENTAL HEALTH RESOURCES FOR BIPOC
BIPOC Mental Health
Infographic: BIPOC And LGBTQ+ Mental Health
Health Care Disparities Among Black, Indigenous, And People Of Color
BIPOC Communities and COVID-19
Racial Trauma
Racism and Mental Health
How To Find an Anti-Racist Therapist
Is My Therapist Being Racist?
I Have Trauma From Racism
I’m Angry About the Injustices I See Around Me

LATINX/HISPANIC COMMUNITIES
Latinx/Hispanic Communities and Mental Health
Información Y Materiales De Salud Mental En Español (Information and Materials for Mental Health in Spanish)

ASIAN AMERICAN AND PACIFIC ISLANDER COMMUNITIES
Asian American/Pacific Islander Communities and Mental Health

NATIVE AND INDIGENOUS COMMUNITIES
Native and Indigenous Communities and Mental Health

LGBTQ+ COMMUNITIES
LGBTQ+ Communities and Mental Health
Bullying: LGBTQ+ Youth
Experiencing Abuse in an LGBTQ+ Relationship
How To Find LGBTQ-Friendly Therapy
Questions to Help QTBIPOC Find Affirming Mental Health Providers

MENTAL HEALTH SCREENING TOOLS
MHA has 10+ screening tools available in English and provides screens for depression and anxiety in Spanish at mhascreening.org. Screening is a free, anonymous, and confidential way to determine if a person is experiencing symptoms of a mental health condition. Results can be used to start a conversation with friends, family members, or health care professionals.

TOOLS 2 THRIVE
MHA's Tools 2 Thrive materials, available in English and Spanish, provide practical tools (tips and worksheets) that everyone can use to improve their mental health and increase resiliency regardless of their situation. Learn more at mhanational.org/tools2thrive.