

# 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](#)

## BLACK AND AFRICAN AMERICAN COMMUNITIES

[Black and African American Communities and Mental Health](#)

[Black Pioneers In Mental Health](#)

[Bipolar Disorder And Black Americans](#)

[Depression In Black Americans](#)

## 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](#).

## 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](#)

