

OTHER RESOURCES AND TOOLS

BLACK/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.

- [Toolkits & Education](#): Graphics on accountability, self-control, and emotional awareness; journal prompts; articles on Black mental health.
- [Videos](#): Trainings and webinars, recorded and available for free.

The Boris Lawrence Henson Foundation: Changing 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.

- [Resource Guide](#): Directory of mental health providers and programs that serve the Black community; includes therapists, support groups, etc., but also digital content, faith-based programs, and educational programs.

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

- [Therapist Directory](#): Find trusted therapists that can help you navigate being a strong, Black woman; can search for an in-office therapist by your location or a virtual therapist.
- [The Yellow Couch Collective](#): A paid membership community (\$9.99/mo), space for Black women to gather to support, encourage, and learn from each other.

The Loveland Foundation: Financial assistance to Black women and girls seeking therapy.

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

- [Therapist Directory](#)

Dr. Ebony's My Therapy Cards: 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: National mental health resource for the Latinx community; provides resources for the Latinx community to heal, thrive, and become advocates for their own mental health.

- [Therapist Directory](#)
- [Book Recommendations](#)

Latinx Therapy: Breaking the stigma of mental health related to the Latinx community; learn self-help techniques, how to support yourself and others.

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

ASIAN AMERICAN/PACIFIC ISLANDER COMMUNITIES

Asian American Psychological Association (AAPA): Dedicated to advancing the mental health and well-being of Asian American communities through research, professional practice, education, and policy.

- [Fact Sheets](#)
- [Bullying Awareness Campaign](#)
- [LGBTQ+ Resources](#)

Asian & Pacific Islander American Health Forum: Focused on improving the health of Asian Americans, Native Hawaiians, and Pacific Islanders.

- [Community Care Package](#): COVID-focused weekly digital "community care package" 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: Part of the Montgomery County Department of Health & Human Services, includes Asian American resources.

- [Online Photo Novels](#)

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

- [Directory of Mental Health Service Providers for Asian Americans, Native Hawaiians, and Pacific Islanders \(by state\)](#)
- [COVID-19 Resources](#)
- [Combatting Racism Resources](#)

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NATIVE AND INDIGENOUS COMMUNITIES

Indigenous Story Studio: Creates illustrations, posters, videos, and comic books on health and social issues for youth (Canada-based).

- [Strength of the Sash](#) and [Tomorrow's Hope](#): Suicide prevention
- [Making it Right](#): Community justice, policing
- [Just a Story](#): Mental health stigma

One Sky Center: The American Indian/Alaska Native National Resource Center for Health, Education, and Research; mission is to improve prevention and treatment of mental health and substance use problems and services among Native people.

- [A Guide to Suicide Prevention](#)
- [Presentations and Publications](#): A number of downloadable resources by topic (addiction treatment, adolescents, crisis care and disaster management, disparity of health services, mental health management, and more).

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.

- My Culture – [Wellness and Healing, Identity](#)
- My Life – My Mind – [Mental Health Difficulties, Improve Your Mood, Getting Help](#), and more (including specific mental health issues)
- My Relationships – [Unhealthy Relationships, Communicating, LGBT – Two Spirit](#)
- [Ask Auntie](#): Like an advice column – type in your question, and it will pull up similar ones; if none answer what you're asking, Auntie Amanda will write up an answer and notify you when it is posted.

LGBTQ+ COMMUNITIES

The Trevor Project: An American nonprofit organization founded in 1998 focused on suicide prevention efforts among lesbian, gay, bisexual, transgender, queer, and questioning youth.

- [TrevorLifeline/Chat/Text](#): 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).

Mental Health Fund for Queer and Trans People of Color: Provides financial support for QTPoC to increase access to mental health support.

- [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.

- [Resources for Educators](#)
- [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](#) (organized by topic – includes content on individual identities, communities of color, workplace, and more).