



## BIPOC Mental Health Resources

*There are a variety of mental health resources available for Black, Indigenous, People of Color (BIPOC). Please see some examples below, compiled by the National Alliance on Mental Illness (NAMI). Note: The resources included here are not endorsed by NAMI or CCA. Neither NAMI nor CCA is responsible for the content of or service provided by any of these resources.*

### [Black Emotional and Mental Health Collective \(BEAM\)](#)

*Group aimed at removing the barriers that Black people experience getting access to or staying connected with emotional health care and healing. They do this through education, training, advocacy, and the creative arts.*

### [Black Men Heal](#)

*Limited and selective free mental health service opportunities for Black men.*

### [Black Mental Health Alliance](#)

*Provides information and resources and a “Find a Therapist” locator to connect with a culturally competent mental health professional.*

### [Black Mental Wellness](#)

*Provides access to evidence-based information and resources about mental health 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.*

### [The Boris Lawrence Henson Foundation \(BLHF\)](#)

*The BLHF has launched the COVID-19 Free Virtual Therapy Support Campaign to raise money for mental health services provided by licensed clinicians in our network. Individuals with life-changing stressors and anxiety related to the coronavirus will have the cost for up to five individual sessions defrayed on a first-come, first-served basis until all funds are committed or exhausted.*

### [Brother, You’re on My Mind](#)

*An initiative launched by Omega Psi Phi Fraternity, Inc. and NIMHD to raise awareness of the mental health challenges associated with depression and stress that affect Black men and families. Website offers an [online toolkit](#) that provides Omega Psi Phi Fraternity chapters with the materials needed to educate fellow fraternity brothers and community members on depression and stress in Black men.*

### [Ebony’s Mental Health Resources by State](#)

*List of Black-owned and focused mental health resources by state as compiled by Ebony magazine.*

### [Henry Health](#)

*Provides culturally sensitive self-care support and teletherapy for Black men and their families. Currently in pilot program available only to residents of Maryland, Virginia, and Washington, DC. Residents of other states can join their waiting list and will be notified when Henry Health is available in their state.*



### [Melanin & Mental Health](#)

*Connects individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities. Promotes the growth and healing of diverse communities through its website, online directory and events.*

### [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 health care, and healing for people of color and within activist movements.*

### [Sista Afya](#)

*Organization that provides mental wellness education, resource connection, and community support for Black women.*

### [Therapy for Black Girls](#)

*Online space dedicated to encouraging the mental wellness of Black women and girls. Offers listing of mental health professionals across the country who provide high-quality, culturally competent services to Black women and girls, an informational podcast, and an online support community.*

### [The SIWE Project](#)

*Nonprofit dedicated to promoting mental health awareness throughout the global Black community.*

### [The Steve Fund](#)

*Organization focused on supporting the mental health and emotional well-being of young people of color.*

### [Unapologetically Us](#)

*Online community for Black women to seek support.*

## **Treatment Directories**

- [Association of Black Psychologists Directory](#)
- [Inclusive Therapists](#)
- [Innopsych](#)
- [LGBTQ Psychotherapists of Color Directory](#)
- [National Queer and Trans Therapists of Color Network](#)
- [Psychology Today Directory of African American Therapists](#)

## **Educational Resources on Racism and Inequality**

Understanding the context of racial inequality that impacts mental health:

- [APA Best Practices](#) on working with Black patients
- [APA Mental Health Facts](#) for Black Americans (2017)

Understanding the context of racism and recent events:



- [Video](#) on understanding racism and the reactions to the death of George Floyd and many others
- [Video](#) on understanding the perspectives of your colleagues of color
- [Article](#) on “White Privilege: Unpacking the Invisible Knapsack”
- [List](#) of anti-racism resources

Understanding and addressing the social determinants of health that impact mental health:

- [Article](#) on improving the health of Black Americans and the overdue opportunity for social justice
- [Video](#) on understanding the social determinants of health and toxic stress
- [Video](#) on the social determinants of toxic stress, specifically race and ethnic toxic stress
- [APA Stress & Trauma Toolkit](#) for treating Black Americans in a changing political and social environment
- [Robert Wood Johnson Foundation Page on Achieving Health Equity](#) provides information about why health equity matters and what you can do to help give everyone a fair shot at being as healthy as possible.

### Self-Care for People of Color

Many mental health conditions are being triggered as a result of the coronavirus, the economic crisis, and repeated racist incidents and death.

Learn more about [mental health conditions](#), including [anxiety disorders](#), [depression](#), and [posttraumatic stress disorder](#).

- [Article](#) on coping with anticipatory grief
- [Article](#) on coping with traumatic stress
- [Article](#) on Racial Battle Fatigue

### Ways to Take Action as an Ally or Champion for People of Color

- [Article](#) on being a white ally through word, actions, and power
- [Article](#) on being a white ally for racial justice
- Community based organizations to partner with: [Color of Change](#), [Black Lives Matter](#), [Campaign Zero](#), [Innocence Project](#)

### Books to Read

- [White Fragility: Why It's So Hard for White People to Talk About Racism](#) by Robin DiAngelo, Ph.D.
- [How To Be An Antiracist](#) by Ibram X. Kendi, Ph.D.
- [Eloquent Rage: A Black Feminist Discovers Her Superpower](#) by Brittney Cooper, Ph.D.
- [Me and White Supremacy](#) by Layla F. Saad
- [So You Want to Talk About Race](#) by Ijeoma Oluo
- [The Fire Next Time](#) by James Baldwin
- [The New Jim Crow: Mass Incarceration in the Age of Colorblindness](#) by Michelle Alexander
- [The Next American Revolution: Sustainable Activism for the Twenty-First Century](#) by Grace Lee Boggs
- [The Warmth of Other Suns](#) by Isabel Wilkerson
- [When Affirmative Action Was White: An Untold History of Racial Inequality in Twentieth-Century America](#) by Ira Katznelson

### You Are Not Alone



Support is always available through the Employee Assistance Program. **CCA@YourService** helps you and your family members by providing free, confidential access to emotional and mental well-being resources, including

- 24/7 phone access to counselors for in-the-moment support
- referrals to short-term professional counseling for any issue that is on your mind
- resources and referrals to support medication management, and self-care for mind, body, and spirit
- Online articles, tips, and self-assessments to help identify signs, symptoms, and treatment options for various conditions

Call **800-833-8707** or visit [www.myccaonline.com](http://www.myccaonline.com) (company code: **STJOHNS**) to get started.