

BIPOC MENTAL HEALTH AWARENESS MONTH RESOURCES

RESOURCES FROM MHA

WEBPAGES:

- BIPOC Communities and COVID-19: <https://mhanational.org/bipoc-communities-and-covid-19>
- BIPOC Mental Health: <https://www.mhanational.org/bipoc-mental-health>
- Health Care Disparities Among Black, Indigenous, and People of Color: <https://www.mhanational.org/issues/healthcare-disparities-among-black-indigenous-and-people-color>
- How to Be An Ally in the Fight Against Racial Justice: <https://mhanational.org/blog/how-be-ally-fight-against-racial-injustice-and-better-mental-health-all>
- How to Find an Anti-Racist Therapist: https://screening.mhanational.org/content/how-find-anti-racist-therapist/?layout=actions_ah_topics
- I'm Angry About the Injustices I See Around Me: https://screening.mhanational.org/content/im-angry-about-injustices-i-see-around-me/?layout=actions_ah_topics
- Infographic- BIPOC and LGBTQ: <https://www.mhanational.org/infographic-bipoc-and-lgbtq-mental-health>
- Is My Therapist Being Racist?: https://screening.mhanational.org/content/my-therapist-being-racist/?layout=actions_ah_topics Mental Health
- Racial Trauma: <https://mhanational.org/racial-trauma>
- Racism and Mental Health: <https://mhanational.org/racism-and-mental-health>
- Take a Mental Health Screening: <https://screening.mhanational.org/screening-tools/>

WEBINARS:

- Back To Basics: Impact Of Culture On Mental Health Conversations: <https://mhanational.org/events/back-basics-impact-culture-mental-health-conversations>
- Racial Trauma and Communities of Color: Assessment and Treatment: <https://mhanational.org/events/racial-trauma-and-communities-color-assessment-and-treatment>

EN ESPAÑOL:

- Prueba de Ansiedad: <https://screening.mhanational.org/screening-tools/test-de-ansiedad/>
- Prueba de Depresión: <https://screening.mhanational.org/screening-tools/test-de-depresion/>
- Recursos En Español: <https://mhanational.org/recursos-en-espanol>

PREVIOUS BIPOC TOOLKITS:

- 2018: My Story My Way <https://mhanational.org/minority-mental-health-month-2018-mystorymyway>
- 2019: Depth of My Identity: <https://mhanational.org/minority-mental-health-month-2019-depthofmyidentity>
- 2020: Impact of Trauma: https://www.mhanational.org/sites/default/files/2020%20BIPOC%20MHM%20TOOLKIT%20FINAL%206.29.20_1.pdf

- **2021: Strength In Communities:** https://mhanational.org/sites/default/files/BIPOC-MHM-Toolkit-2021_Final_03_0.pdf

GENERAL RESOURCES & RESOURCES FOR INTERSECTIONAL IDENTITIES

- **A Facilitators Guide: Intersectional Approaches to Mental Health Education:** <https://wellbeing.ubc.ca/sites/wellbeing.ubc.ca/files/u9/Facilitator%20Guide%20-%20Intersectionality%20and%20Mental%20Health.pdf>
- **American Civil Liberties Union:** <https://www.aclu.org/>
- **APA: Working with Immigrant Origin Clients:** <https://www.apa.org/topics/immigration-refugees/report-professionals.pdf>
- **Brown Boi Project:** <https://www.brownboiproject.org/>
- **Clinicians of Color:** <https://www.cliniciansofcolor.org/>
- **Fireweed Collective:** <https://fireweedcollective.org/>
- **Health Coverage for Immigrants:** <https://www.healthcare.gov/immigrants/coverage/>
- **Human Rights Campaign:** <https://www.hrc.org/>
 - **Human Rights Campaign: QTBIPOC Mental Health and Wellness:** <https://www.hrc.org/resources/qtbi poc-mental-health-and-well-being>
- **Immigration Equality:** <https://immigrationequality.org/>
- **Incite:** <https://incite-national.org/>
- **Inclusive Therapists:** <https://www.inclusivetherapists.com/>
- **Informed Immigrant: Mental Health for Immigrants:** <https://www.informedimmigrant.com/guides/mental-health-undocumented-immigrants/>
- **LGBTQ Psychotherapists of Color:** <https://www.lgbtqpsychotherapistsofcolor.com/>
- **Melanin & Mental Health:** <https://www.melaninandmentalhealth.com/>
- **Migrant Clinicians Center:** <https://www.migrantclinician.org/>
- **My Undocumented Life:** <https://mydocumentedlife.org/>
- **Nalgona Positivity Pride:** <https://www.nalgonapositivitypride.com/>
- **National Immigrant Justice Center:** <https://immigrantjustice.org/>
- **National Immigration Law Center- Mental Health and Civil Rights Resources:** <https://www.nilc.org/mental-health-and-civil-rights-resources/>
- **National Network for Immigrant and Refugee Rights:** <https://nnirr.org/>
- **National Queer and Trans Therapists of Color Network:** <https://nqttcn.com/en/>
 - **En Espanol: Nacional Queer & Trans Red de Terapeutas de Color:** <https://nqttcn.com/es/>
- **Project LETS:** <https://projectlets.org/>
- **Rest for Resistance:** <https://restforresistance.com/>
- **The Steve Fund:** <https://www.stevelfund.org/>
- **Therapy in Color:** <https://www.therapyincolor.org/>
- **United States Citizen and Immigration Services:** <https://www.uscis.gov/humanitarian>
- **United We Dream:** <https://unitedwedream.org/>



LATINX/HISPANIC RESOURCES

- American Society of Hispanic Psychiatry: <https://www.americansocietyhispanicpsychiatry.com/>
- Caminar Latino: <https://caminarlatino.org/>
- Esperanza United: <https://esperanzaunited.org/en/>
- Estoy Aqui: <https://estoy-aqui.org/>
- Latino Equality Alliance: <https://www.somoslea.org/>
- Latinx Therapists Action Network: <https://latinxtherapistsactionnetwork.org/>
 - Latinx Therapy Podcast: <https://latinxtherapy.com/podcast/>
- Latinx Therapy: <https://latinxtherapy.com/>
- MHA- Latinx/Hispanic Communities- Información Y Materiales De Salud Mental En Español: <https://mhanational.org/latinxhispanic-communities-informacion-y-materiales-de-salud-mental-en-espanol>
- NAMI: Compartiendo Esperanza: <https://www.nami.org/Support-Education/Mental-Health-Education/NAMI-Compartiendo-Esperanza-Mental-Wellness-in-the-Latinx-Community>
- National Alliance for Hispanic Health: <https://www.healthyamericas.org/>
- National Latino Behavioral Health Association: <http://www.nlbha.org/>
- Sad Girls Club: <https://sadgirlsclub.org/>
- The Latinx Mental Health Podcast: <https://www.latinxmhpodcast.com/>
- Therapy for Latinx: <https://www.therapyforlatinx.com/>
- UnidosUS: <https://www.unidosus.org/>
- Yo Soy Ella: <https://www.yosoyella.org/>



MULTIRACIAL RESOURCES

- **American Association for Marriage and Family Therapy: Multiracial Families:** https://www.aamft.org/Consumer_Updates/Multiracial_Families.aspx
- **APA Bill of Rights For People Of Mixed Heritage:** <https://www.apa.org/pubs/videos/4310742-rights.pdf>
- **For Multiracial People Toolkit:** <https://thetoolkit.wixsite.com/toolkit/for-multiracial-people-families>
- **Mandala Center for Change: Multi-Heritage and Mixed Race Resources:** <https://www.mandalaforchange.com/resources/articles/multi-heritage-mixed-race-resources/>
- **Mixed in America:** <https://www.mixedinamerica.org/>
 - **Mixed Identity Workbook:** <https://www.mixedinamerica.org/free-workbook/>
- **Mixed Life Media:** <https://www.mixedlife.net/>
- **NPR Code Switch Team:** <https://www.npr.org/sections/codeswitch/>
 - **Racial Imposter Syndrome- Here are your stories:** <https://www.npr.org/sections/codeswitch/2018/01/17/578386796/racial-impostor-syndrome-here-are-your-stories>
- **Resources That Explore Identity for Multicultural or Mixed-Race Families:** <https://socialworklicensemap.com/blog/resources-explore-multicultural-identity-mixed-race-families/>
- **The Wholeness of Being a Mixed Race Person:** <https://www.inclusivetherapists.com/blog/the-wholeness-of-being-a-mixed-race-person>
- **Toward Racial Justice- Multiracial Family Dynamics:** https://www.youtube.com/watch?v=z9K_tyymNp0
- **Why Imposter Syndrome Goes Deep for Multiracial People:** <https://mhanational.org/blog/why-imposter-syndrome-goes-deep-multiracial-people>