

BIPOC Mental Health Resources

Encounter
YOUR POTENTIAL

The Encounter Your Potential team supports mental health equity for all. Please find a compiled list of mental health resources for the BIPOC community below.

For immediate text support, reach out to Crisis Text Line by texting COALITION to 741741 to connect with a Crisis Counselor for free 24/7. You can also call National Suicide Prevention Lifeline at 1-800-273-8255 or Nacional de Prevención del Suicidio 1-888-628-9454.

American Foundation for Suicide Prevention

The American Foundation for Suicide Prevention is dedicated to saving lives and bringing hope to those affected by suicide.

Learn more at www.afsp.org.

Asian American Health Initiative

Asian American Health Initiative is an organization seeking to improve the health and wellness of Asian American communities,

www.aahiinfo.org.

Asian Mental Health Collective

Asian Mental Health Collective mission is to raise awareness about the importance of mental health care, promote emotional well-being, and challenge the stigma concerning mental illness amongst Asian communities globally.

www.asianmhc.org.

AAKOMA Project

The AAKOMA Project is helping diverse teenagers and their families achieve optimal mental health through dialogue, learning, and the understanding that everyone deserves care and support.

www.aakomaproject.org.

Black Emotional & Mental (BEAM) Health Collective

BEAM's mission is to remove the barriers Black people experience getting access to or staying connected with emotional health care and healing.

www.wellness.beam.community.

Black Girls Smile

Black Girls Smile's mission is to empower young American women to take ownership of their mental health and stability.

www.blackgirlssmile.org.

Black Mental Health Alliance

Black Mental Health Alliance's mission is to develop, promote and sponsor trusted culturally-relevant educational forums, trainings and referral services that support the health and well-being of Black people and other vulnerable communities

www.blackmentalhealth.com

Black Mental Wellness

Black Mental Wellness provides access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective, to highlight and increase the diversity of mental health professionals, and to decrease the mental health stigma in the Black community.

www.blackmentalwellness.com



The Boris Lawrence Henson Foundation (BLHF)

BLHF's vision is to eradicate the stigma around mental health issues in the African-American community.

www.borislhensonfoundation.org

Center for Black Women's Wellness (CBWW)

CBWW is a non-profit organization that provides free and low-cost services to empower black women, and their families, toward physical, mental and economic wellness.

www.cbww.org

Center for Native American Youth

Center for Native American Youth believes all Native American youth should lead full and healthy lives, have equal access to opportunity, and draw strength from their culture.

www.aspeninstitute.org

Eustress

Eustress raises awareness on the importance of mental health in underserved communities, allowing individuals to identify and overcome challenges to achieve a healthier and productive lifestyle.

www.eustressinc.org

Encounter
YOUR POTENTIAL

Latinx Therapy

Latinx Therapy is an organization working to break the stigma of mental health relate

www.latinxtherapy.com

Love Land Foundation

Love Land Foundation is committed to showing up for communities of color in unique and powerful ways, with a particular focus on Black women and girls.

www.thelovelandfoundation.org

MANA A National Latina Organization

MANA A National Latina Organization is a national grassroots membership organization with chapters, individual members and affiliates across the country. MANA represents the interests of Latina women, youth and families on issues that impact our communities.

www.hermana.org

Melanin & Mental Health

Melanin & Mental Health® was born out of a desire to connect individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities.

www.melaninandmentalhealth.com

Mental Health America

Mental Health America is the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and promoting mental health for all.

www.mhanational.org

MIND Right

MindRight is a judgment-free place for growth, healing and hope. They provide culturally responsive mental health coaching to teens over text message.

www.mindright.io

National Alliance on Mental Illness (NAMI)

NAMI's mission is to help families and individuals affected by mental illness build better lives through education, support and advocacy.

www.nami.org

National Alliance for Hispanic Health

National Alliance for Hispanic Health focuses on improving the health and wellbeing of Hispanics through improving the quality of care and its availability to all.

www.healthyamericas.org



National Queer and Trans People of Color Network

National Queer and Trans People of Color Network offers a range of therapy options. Their community encompasses Black, Indigenous, Latinx, Arab, middle-eastern, Asian, pacific islander, and mixed-race, lesbian, gay, bisexual, queer, transgender, two-spirit, gender non-conforming, genderqueer, and non-binary people.

www.nqttcn.com

Open Path Collective

Open Path Psychotherapy Collective is a non-profit nationwide network of mental health professionals dedicated to providing in-office and online mental health care—at a steeply reduced rate—to individuals, couples, children, and families in need.

www.openpathcollective.org

Pretty Brown Girls

Pretty Brown Girls is dedicated to educating and empowering girls of color by encouraging self-acceptance while cultivating social, emotional & intellectual well-being.

www.prettybrowngirl.com

Real

Real is a therapy startup that is offering free group sessions to BIPOC. Each session focuses on a different topic and the Real team ensures a safe digital space for participants to get support.

www.join-real.com

South Asian Mental Health Alliance

South Asian Mental Health Alliance (SAMHAA) is a new non-profit community network engaging, educating and mobilizing the BC South Asian community around issues related to mental health.

www.samhaa.org

The Steve Fund

The Steve Fund's mission is to promote the mental health and emotional well-being of young people of color.

www.stevelfund.org

The Trevor Project

The Trevor Project is the world's largest suicide prevention and crisis intervention organization for LGBTQ young people.

www.thetrevorproject.org

Therapy for Black Girls

Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls.

www.therapyforblackgirls.com

Therapy for Black Men

TherapyForBlackMen.org is committed to the mental wellness of Black men and boys.

www.therapyforblackmen.org

Therapy for Latinx

Therapy for Latinx is a national mental health resource for the Latinx community that provides resources for Latinx community to heal, thrive, and become advocates for their own mental health.

www.therapyforlatinx.com

WeRNative

WeRNative is a comprehensive health resource for Native youth, by Native youth, providing content and stories about the topics that matter most to them. They strive to promote holistic health and positive growth in our local communities and nation at large.

www.wernative.org

Encounter
YOUR POTENTIAL

Resources credit: The Mental Health Coalition

