

EMPLOYEE ASSISTANCE PROGRAM

MENTAL HEALTH RESOURCES FOR BIPOC AND LGBTQ COMMUNITIES

Mental Health Virtual Provider Directories

- **Asian, Pacific Islander, and South Asian American (APISAA) Therapist Directory**
- **Black Emotional and Mental Health (BEAM) Virtual Therapist Network**
- **Boris Lawrence Henson Foundation Resource Directory** - Mental health providers, programs and resource materials for the African American community
- **Black Mental Health Alliance** - Culturally competent and patient-centered licensed mental health professionals
- **Inclusive Therapists** - Culturally competent and social justice-oriented therapists; includes list of therapists **currently offering reduced-fee teletherapy**
- **Innopsych** – Therapists of color
- **Latinx Therapy**
- **LGBTQ Psychotherapists of Color Directory**
- **Melanin & Mental Health Directory** - Mental health clinicians for Black & Latinx/Hispanic communities
- **National Queer and Trans Therapists of Color Network**
- **Psychology Today Directory of African American Therapists**
- **Therapy for Black Girls Directory**
- **Therapy for Black Men Directory**

Mental Health Resources

- **Asian American Health Initiative**
Improves the health and wellness of Asian American communities in Montgomery County by applying equity, community engagement, and data-driven approaches.
- **Asian American Psychological Association**
Advances the mental health and well-being of Asian American communities through research, professional practice, education, and policy.
- **The Asian Mental Health Project**
Aims to educate and empower Asian communities seeking mental healthcare.
- **Asian Pacific Islander American Health Forum**
APIAHF influences policy, mobilizes communities, and strengthens programs and organizations to improve the health of Asian Americans, Native Hawaiians, and Pacific Islanders.
- **Association of Asian Pacific Community Health Organizations**
AAPCHO creates a national voice to advocate for the unique and diverse health needs of Asian American (AA), Native Hawaiian (NH), and Pacific Islander (PI) communities and the community health providers that serve their needs.
- **Behavioral Health Division of the Indian Health Service**
Promotes the integration of behavioral health and primary care treatment, while respecting the balance, wellness, and resilience of AI/AN people.
- **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 Lives Matter Meditations**
Guided meditation directed toward healing racial trauma.

- **Black Men Heal**
Limited and selective free mental health service opportunities for Black men.
- **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.
- **Chinese-American Mental Health Network**
Embraces the philosophy that “An ounce of prevention is worth a pound of cure” by working to build a community dedicated to the emotional and mental-health support of Asian-Americans.
- **Circles of Care**
A Substance Abuse and Mental Health Services Administration (SAMHSA) Center for Mental Health Services, Tribal Training and Technical Assistance Center program that creates models of care for American Indian and Alaska Native youth.
- **Dear Black Women Project**
An affirmation movement for Black women by Black women – includes affirmations, resources, therapist connection, and events.
- **Ebony’s Mental Health Resources by State**
List of Black-owned and focused mental health resources by state as compiled by Ebony magazine.
- **Indian Country Child Trauma Center**
Develops trauma-related treatment protocols, outreach materials, and service delivery guidelines specifically designed for American Indian and Alaska Native children and their families.
- **Liberate Meditation**
An app created by BIPOC folks for BIPOC community.
- **The Loveland Foundation**
Prioritizes opportunity, action, validation, and healing for communities of color with a particular focus on Black girls and women. Includes a therapy fund to aid Black women and girls seeking therapy nationally.
- **The Nap Ministry**
Explores and promotes the healing power of napping for BIPOC communities – with a focus on Black people – whose rest is challenged by the ever-present trauma in their lives.
- **National Asian Pacific Center on Aging**
Preserves and promotes the dignity, well-being, and quality of life of Asian Americans, Pacific Islanders, and diverse communities as they age.
- **National Asian Pacific Islander Mental Health Organization**
NAAPIMHA promotes the mental health and well-being of Asian Americans, Native Hawaiians and Pacific Islanders.
- **One Sky Center**
National resource center for American Indigenous and Alaskan Indigenous communities for access to health, education, and research.
- **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.
- **Racial Trauma Guide**
Virtual guide on coping with racial stressors and being an ally, developed by the EMPOWER (Engaging Minorities in Prevention Outreach Wellness Education & Research) Lab.
- **Sista Afya**
Organization that provides mental wellness education, resource connection and community support for Black women.
- **The SIWE Project**
Non-profit dedicated to promoting mental health awareness throughout the global Black community.
- **South Asian Mental Health Initiative & Network**
SAMHIN strives to meet a wide variety of mental health needs of the South Asian Community and serves as a resource to provide consultation to health care policy makers and health care delivery facilities.
- **The Steve Fund**
Organization focused on supporting the mental health and emotional well-being of young people of color.
- **Stronghearts Native Helpline**
A safe, anonymous, and confidential domestic, dating, and sexual violence helpline for American Indians and Alaska Natives, offering culturally appropriate support and advocacy. Call 1-844-7NATIVE daily from 7:00 a.m. to 10:00 p.m. CT.
- **Unapologetically Us**
Online community for Black women to seek support.
- **We R Native**
For indigenous youth: information about health, relationships, education—all things youth-centered. Also offers various contests and grants.