



Culturally Relevant Mental Health & Wellness Resources



Culturally Relevant Programs and Resources for BIPOC Communities

This resource list highlights culturally relevant programs and resources that support **MENTAL HEALTH** and **MENTAL WELLNESS**.

These programs are specifically catered to **MEMBERS** of **BIPOC Communities** seeking resources that feel **SAFE** and **FAMILIAR**

Crisis Text Line

Offers free, confidential support 24/7 via text, for anyone in crisis

Text **"HOME"** to **741741**

CRISIS TEXT LINE |

Text HOME to 741741 for free, 24/7 crisis support in the US.

The Steve Fund

Focuses on the mental health of students of color, offering crisis response and financial assistance

Website: stevefund.org



Call at: **401-373-2703**

Latinx Therapy

Provides mental health resources and a therapist directory catered toward the Latinx community

Website: latinxtherapy.com



Find a Therapist Tab
Listen to Podcast
Find a Speaker Tab

The Trevor Project

Mental health and crisis support for LGBTQ+ youth, including young men

Website:

thetrevorproject.org



Call at: **1-866-488-7386**

The Brain and Body Coalition

Resources and training for youth and their supporters, taking a proactive approach to mental health

Website: brainandbodycoalition.org



Call at: **845-293-2929**
Visit our **BIPOC Tab**

Therapy for Black Girls

Offers a directory of therapists and resources specifically for Black women & girls

Website:

therapyforblackgirls.com



Find a Therapist Tab
Listen to Podcast

Asian Mental Health Collective

Offers mental health resources, articles, and support groups for Asian communities

Website: asianmhc.org



Find a Therapist Tab
Resources Tab
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Trans Lifeline

Peer support hotline run by and made for trans people, (Crisis Intervention & Resources)

Website: translifeline.org



Call at: **(877) 565-8860**

Compass Wellness

Focus on helping individuals heal and find balance along with their overall well-being

Website:

compasswellnesspllc.com



Call at: **845-605-2999**

AAKOMA Project

Provides support and connects young BIPOC individuals with culturally competent therapists

Website:

aakomaproject.org

AAKOMA Call at: **571-619-8340**

Indian Health Services

Offers mental health services & resources for American Indians and Alaska Natives

Website: ihs.gov

Call at: **(301) 443-3593**



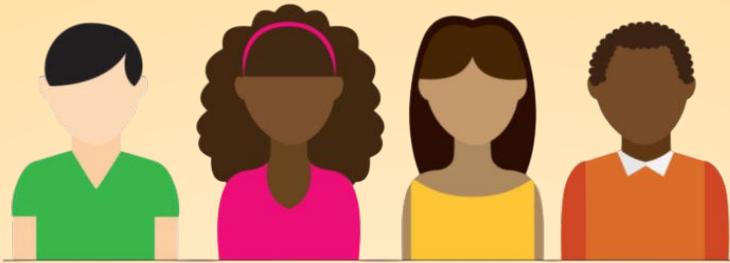
Native American Lifelines

Provides culturally sensitive health & wellness services for Native American communities

Website: nativeamericanlifelines.org



Call at: **(857) 203-9680**



1 in 4 Americans suffers from a diagnosable mental disorder. Minority populations are less likely to receive diagnosis for their behavioral health issues and have less access to mental health services.

Urban Indian Health Institute

Offers resources & research on health disparities affecting urban Native Americans

Website: uihi.org
 Urban Indian Health Institute
 Health Initiatives Tab
 Call at: (206) 812-3030
A Division of the Seattle Indian Health Board

Black Emotional and Mental Health (BEAM)

Focuses on the emotional and mental healing of Black communities

Website: beam.community
 BEAM
 Programs Tab
 Trainings Tab

South Asian Mental Health Initiative & Network

Culturally sensitive mental health resources & support for South Asians

Website: samhin.org
 SAMHIN
 Call at: 732-902-2561
 Programs Tab
 Resources Tab

The ART Effect

Art-based therapeutic program offering physical, emotional, & psychological support services

Website: thearteffect.org
 THE ART EFFECT
 Call at: 845-471-7477
 Programs Tab
 Events Tab

Amira for Her/Him/They

Offer individual, couples, and family therapy for individuals of all ages. An approach grounded in empathy and cultural competence

Websites: amiraforher.com
amiraforhim.com
amiraforthem.com

Amanda Dixon Therapy

Online therapy focusing on children, teens, and adults. Healing emotional wounds, teaching better coping strategies, and improving relationships

Website: amandadixonlmhc.com
 AMANDA DIXON
 Therapist Directory Tab
 Call at: 845-307-7970

MHA Dutchess County Teen Ambassador Program

Promotes teens relating and helping other teens struggling with their own daily challenges

Website: mhanational.org
 MHA
 Mental Health America of Dutchess County
 Youth Peer Support Tab
 Youth Mental Health Tab
 Teen Ambassadors Tab

Viet Rainbow of Orange County

Activates LGBTQ+ BIPOC power through education, outreach, civic engagement, and support services

Website: vietroc.org
 VROC
 LGBTQ Tab
 LGBTQ (Viet) Tab

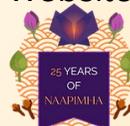
Unison Arts

A community hub offering transformative, accessible arts experiences for all

Website: unisonarts.org
 Call at: 845-255-1559
 Hands-On Learning Tab
 Events Tab

National Asian American Pacific Islander Mental Health Association

Culturally competent mental health resources and advocacy for Asian American & Pacific Islander communities

Website: naapimha.org
 25 YEARS OF NAAPIMHA
 Trainings Tab
 Resources Tab
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Sista Afya Community Mental Wellness

Mental wellness education and resources for Black women in Chicago & beyond

Website: sistaafya.com
 Sista Afya
 Call at: 708-292-8730

Creatives Care

Artists, providers, and supporters providing free services to help artists access affordable high-quality mental healthcare

Website: creativescare.org
 Creatives Care
 Find Care Tab
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