BIPOC & LGBTQIA RESOURCES

ALL COMMUNITIES

Mental Health America Resources
https://mhanational.org/bipoc-mental-health

MHA: Racism and Mental Health
https://www.mhanational.org/racism-and-mental-health

MHA: BIPOC & LGBTQIA+ Mental Health Infographic
https://www.mhanational.org/infographic-bipoc-and-lgbtq-mental-health

MHA: Healthcare Disparities Among BIPOC

MHA: BIPOC Communities & COVID-19

MHA: Racial Trauma
https://www.mhanational.org/racial-trauma

ABA Diversity and Inclusion Center
https://www.americanbar.org/groups/diversity/

Pennsylvania Bar Association Diversity Organizations and Resources
https://www.pabar.org/site/For-Lawyers/Committees-Commissions/Diversity-Team/Resources

Relevant articles:

- Attorneys of Color Reveal Alarmingly Higher Instances of Mental Health Struggles
  By Dylan Jackson, June 08, 2021
  https://www.law.com/thelegalintelligencer/2021/06/08/attorneys-of-color-reveal-alarmingly-higher-instances-of-mental-health-struggles/

- Women and Minority Lawyers Worry The Pandemic Will Define Their Career
  By Dylan Jackson, April 26, 2021

- Cross-Cultural Barriers to Mental Health Services in the United States
  https://dana.org/article/cross-cultural-barriers-to-mental-health-services-in-the-united-states/

- Pandemic Nation: Understanding Its Impact on Lawyers from Underrepresented Communities

- Moving Forward: Results and Best Practices from a Nationwide Survey of the Legal Profession
Asian American Psychological Association (AAPA)
https://aapaonline.org/

AAPI COVID-19 Resources
https://docs.google.com/document/d/1GrseIjOFlOQzeQT3X3aizokL-M4NvXp7vCP4W-jm8/edit#

Mental Health America: Asian American/Pacific Islander Communities
Prevalence of mental health concerns and treatment and access issues/barriers.

southasiantherapists.org: Directory of South Asian therapists, including therapists of Indian, Pakistani, Bangladeshi, Sri Lankan, Afghanistani and Nepali heritage
https://southasiantherapists.org/

Asians for Mental Health Directory (treatment providers)
https://asiansformentalhealth.com/

AAPI LBGTQ Resources
https://aapaonline.org/resources/lgbtq-aapi-resources/

National Asian American Pacific Islander Mental Health Association (NAAPIMHA)
https://www.naapimha.org/

NAAPIMHA General Resource Lists
https://www.naapimha.org/general-resources

NAAPIMHA COVID-19 Resources
https://www.naapimha.org/covid-19-resources

Asian & Pacific Islander American Health Forum
https://www.apiahf.org/

Asian American Health Initiative
https://aahiinfo.org/aahi-resources/

Asian Mental Health Collective
https://www.asianmhc.org/

Asians Do Therapy
https://asiansdotherapy.com/

The Asian Mental Health Project
https://asianmentalhealthproject.com/
BLACK AND AFRICAN AMERICAN COMMUNITIES

Black Mental Health Alliance
https://www.blackmentalhealth.com/

Black Emotional and Mental Health (BEAM)
https://wellness.beam.community/

The Loveland Foundation
https://thelovelandfoundation.org/
This foundation provides financial assistance to Black women & girls seeking therapy.

Therapy for Black Girls
https://providers.therapyforblackgirls.com/

Therapy for Black Men
https://therapyforblackmen.org/

Sober Brown Girls
http://www.soberbrowngirls.com/

Sober Black Girls Club
https://soberblackgirlsclub.com/

The Boris Lawrence Henson Foundation
https://borislhensonfoundation.org/
This organization is working to change the perception of mental illness in the African-American community by encouraging people to get the help they need; focuses on stigma/self stigma reduction and building trust between Black people and the mental health field. See their directory of mental health providers and programs that serve the Black community.

Relevant Articles:
- Listen! Amplifying the Experiences of Black Law School Graduates in 2020
- Legal Profession Can’t Leave Black Graduates Behind

LATINX/HISPANIC COMMUNITIES

National Latino Behavioral Health Association (NLBHA)
http://www.nlbha.org/

Therapy for Latinx
https://www.therapyforlatinx.com/
Latinx Therapy
https://latinxtherapy.com/

The Focus on You
http://thefocusonyou.com/
Self-care, mental health, and an inspirational blog run by a Latina therapist.

Mental Health America
Comprehensive information re: prevalence of mental health concerns and access to treatment
Also includes comprehensive list of Spanish Language Materials
https://www.mhanational.org/issues/latinxhispanic-communities-and-mental-health

NATIVE AND INDIGENOUS COMMUNITIES

MHA: Native & Indigenous Communities Mental Health

Behavioral Health Division of the Indian Health Service
https://www.ihs.gov/communityhealth/behavioralhealth/

One Sky Center
http://www.oneskycenter.org/
Resources for the prevention and treatment of mental health and substance use problems among Native people. There are several downloadable resources.

WeRNative
https://www.wernative.org/
A comprehensive health resource for Native youth by Native youth, promoting holistic health and growth.

White Bison Wellbriety Movement
https://whitebison.org/
White Bison offers sobriety, recovery, addictions prevention, and wellness Wellbriety learning resources to the Native American/Alaska Native community nationwide.

LGBTQ+ COMMUNITIES

Lesbian, Gay, Bisexual and Transgender National Hotline
1-888-843-4564 Monday- Friday 4pm – midnight, Saturday noon-5pm, EST
https://www.glbthotline.org/
Offers national support, resources, and information. All services are provided by highly trained LGBTQ volunteers. Calls are never outsourced or answered by other affiliated organizations.

The Trevor Project
https://www.thetrevorproject.org/
The leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25, including the TrevorLifeline, which provides 24/7 support via phone, text, or online instant messaging.

**National Center for Transgender Equality (NCTE)**
https://transequality.org/

**Gender Spectrum**
https://www.genderspectrum.org/

**GSA Network**
https://gsanetwork.org/

**PFLAG**
https://pflag.org/

**It Gets Better Project**
https://itgetsbetter.org/

**National Queer and Trans Therapists of Color Network (QTPoC).**
https://www.nqttcn.com/resources

**QTPoC Mental Health Fund**
https://www.nqttcn.com/mentalhealthfund

**Gay, Lesbian, and Straight Education Network (GLSEN)**
https://www.glsen.org/

**Human Rights Campaign**
https://www.hrc.org/

**Transgender Resources from ABA**
https://www.americanbar.org/groups/diversity/sexual_orientation/resources/transgenderrights/

**GaL-AA**
https://gal-aa.org/

**Gay & Sober**
https://www.gayandsober.org/

**LGBTteetotaler**
https://lgbtteetotaler.com/