

# 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**

<https://www.mhanational.org/issues/healthcare-disparities-among-black-indigenous-and-people-color>

### **MHA: BIPOC Communities & COVID-19**

<https://www.mhanational.org/bipoc-communities-and-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 Alarming Higher Instances of Mental Health Struggles  
By Dylan Jackson, June 08, 2021 <https://www.law.com/thelegalintelligencer/2021/06/08/attorneys-of-color-reveal-alarming-higher-instances-of-mental-health-struggles/>
- Women and Minority Lawyers Worry The Pandemic Will Define Their Career  
By Dylan Jackson, April 26, 2021 <https://www.law.com/americanlawyer/2021/04/26/women-and-minority-lawyers-worry-the-pandemic-will-define-their-career/>
- 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  
<https://www.thomsonreuters.com/en-us/posts/legal/white-paper-pandemic-nation-2021/>
- Moving Forward: Results and Best Practices from a Nationwide Survey of the Legal Profession  
<https://www.americanbar.org/content/dam/aba/administrative/digital-engagement/practice-forward/practice-forward-survey.pdf>

## ASIAN AMERICAN/PACIFIC ISLANDER COMMUNITIES

### **Asian American Psychological Association (AAPA)**

<https://aapaonline.org/>

### **AAPI COVID-19 Resources**

<https://docs.google.com/document/d/1GrseLJIOFiNOzeQT3X3aizokL-M4NvXp7vCP4W-jm8/edit#>

### **Mental Health America : Asian American/Pacific Islander Communities**

**Prevalence of mental health concerns and treatment and access issues/barriers.**

<https://www.mhanational.org/issues/asian-american-pacific-islander-communities-and-mental-health>

**[southasiantherapists.org](https://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 LGBTQ 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://borishensonfoundation.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  
[https://papers.ssrn.com/sol3/papers.cfm?abstract\\_id=3770760](https://papers.ssrn.com/sol3/papers.cfm?abstract_id=3770760)
- Legal Profession Can't Leave Black Graduates Behind  
<https://news.bloomberglaw.com/health-law-and-business/legal-profession-cant-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**

<http://www.mhanational.org/issues/native-and-indigenous-communities-and-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-1>

**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/](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/>