

# RESOURCES FROM MHA

Mental Health America has the following pages dedicated to the BIPOC and LGBTQ+ communities on its website and welcomes you to use and share this information in whatever way best suits your needs.

## GENERAL

[www.mhanational.org/bipoc-mental-health](http://www.mhanational.org/bipoc-mental-health)

[www.mhanational.org/infographic-bipoc-mental-health](http://www.mhanational.org/infographic-bipoc-mental-health)

[www.mhanational.org/issues/healthcare-disparities-among-black-indigenous-and-people-color](http://www.mhanational.org/issues/healthcare-disparities-among-black-indigenous-and-people-color)

[www.mhanational.org/bipoc-communities-and-covid-19](http://www.mhanational.org/bipoc-communities-and-covid-19)

[www.mhanational.org/racial-trauma](http://www.mhanational.org/racial-trauma)

[www.mhanational.org/racism-and-mental-health](http://www.mhanational.org/racism-and-mental-health)

## BLACK AND AFRICAN AMERICAN COMMUNITIES

[www.mhanational.org/issues/black-african-american-communities-and-mental-health](http://www.mhanational.org/issues/black-african-american-communities-and-mental-health)

[www.mhanational.org/black-pioneers-mental-health](http://www.mhanational.org/black-pioneers-mental-health)

[www.mhanational.org/bipolar-disorder-and-black-americans](http://www.mhanational.org/bipolar-disorder-and-black-americans)

[www.mhanational.org/depression-black-americans](http://www.mhanational.org/depression-black-americans)

## LATINX/HISPANIC COMMUNITIES

[www.mhanational.org/issues/latinxhispanic-communities-and-mental-health](http://www.mhanational.org/issues/latinxhispanic-communities-and-mental-health)

A complete list of Spanish language materials can be found at:

[www.mhanational.org/latinxhispanic-communities-informacion-y-materiales-de-salud-mental-en-espanol](http://www.mhanational.org/latinxhispanic-communities-informacion-y-materiales-de-salud-mental-en-espanol)

## ASIAN AMERICAN/PACIFIC ISLANDER COMMUNITIES

[www.mhanational.org/issues/asian-american-pacific-islander-communities-and-mental-health](http://www.mhanational.org/issues/asian-american-pacific-islander-communities-and-mental-health)

## NATIVE AND INDIGENOUS COMMUNITIES

[www.mhanational.org/issues/native-and-indigenous-communities-and-mental-health](http://www.mhanational.org/issues/native-and-indigenous-communities-and-mental-health)

## LGBTQ+ COMMUNITIES

[www.mhanational.org/issues/lgbtq-communities-and-mental-health](http://www.mhanational.org/issues/lgbtq-communities-and-mental-health)

[www.mhanational.org/bullying-lgbt-youth](http://www.mhanational.org/bullying-lgbt-youth)

## SCREENING

MHA's has 10+ screening tools available in English and provides screens for depression and anxiety in Spanish at [mhascreening.org](http://mhascreening.org). Screening is a free, anonymous, and confidential way to determine if a person is experiencing symptoms of a mental health condition and results can be used to start a conversation with friends, family members, or health care professionals.

## TOOLS 2 THRIVE

MHA's Tools 2 Thrive materials provide practical tools (tips and worksheets) that everyone can use to improve their mental health and increase resiliency regardless of the situations they are dealing with.

Downloadable Tools2Thrive toolkit in English: [www.mhanational.org/2020toolkit](http://www.mhanational.org/2020toolkit)

Downloadable Spanish language versions of Tools2Thrive (Herramientas Para Prosperar) materials:

[www.mhanational.org/get-involved/descarga-herramientas-para-prosperar-en-espanol](http://www.mhanational.org/get-involved/descarga-herramientas-para-prosperar-en-espanol)

# OTHER RESOURCES AND TOOLS

## BLACK AND AFRICAN AMERICAN COMMUNITIES

[Black Emotional and Mental Health \(BEAM\)](#): BEAM is a training, movement building and grant making organization dedicated to the healing, wellness, and liberation of Black communities. BEAM envisions a world where there are no barriers to Black Healing.

[The Boris Lawrence Henson Foundation](#): 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.

[The Loveland Foundation](#): This foundation provides financial assistance to Black women & girls seeking therapy.

[Therapy for Black Girls](#): This is an online space encouraging the mental wellness of Black women and girls; has [referral tool](#) to find a therapist in your area.

[Therapy for Black Men](#): Primarily a [therapist directory](#) for Black men seeking therapy; website includes resources and stories.

[Dr. Ebony's My Therapy Cards](#): A self-exploration card deck created by a Black female psychologist for other women of color, created with the intention of helping other women of color grow and elevate in the areas of emotional and mental health.

## LATINX/HISPANIC COMMUNITIES

[Therapy for Latinx](#): A national mental health resource for the Latinx community; provides resources for Latinx community to heal, thrive, and become advocates for their own mental health. Also includes a therapist directory.

[Latinx Therapy](#): An organization working to break the stigma of mental health related to the Latinx community; learn self-help techniques, how to support self & others.

[The Focus on You](#): Self-care, mental health, and an inspirational blog run by a Latina therapist.

## ASIAN AMERICAN/PACIFIC ISLANDER COMMUNITIES

[Asian American Psychological Association \(AAPA\)](#): An organization dedicated to advancing the mental health and wellbeing of Asian American communities through research, professional practice, education, and policy.

[Asian & Pacific Islander American Health Forum](#): Focused on improving the health of Asian Americans, Native Hawaiians, and Pacific Islanders. Sign up for a weekly digital "community care package" which includes inspirational stories, resources in a variety of languages, tools for adjusting and managing mental health, and a platform to share your story/connect with others.

[Asian American Health Initiative](#): An organization responding to the health needs of Asian Americans. Resources are provided in 5 different languages on a variety of topics.

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## **NATIVE AND INDIGENOUS COMMUNITIES**

[Indigenous Story Studio](#): A Canadian organization that creates illustrations, posters, videos, and comic books on health and social issues for youth.

[One Sky Center - The American Indian/Alaska Native National Resource Center for Health, Education, and Research](#): This group is working to improve prevention and treatment of mental health and substance use problems and services among Native people. There are a number of [downloadable resources](#), of particular note is their [Guide to Suicide Prevention](#).

[WeRNative](#): A comprehensive health resource for Native youth by Native youth, promoting holistic health and positive growth in local communities and the nation at large

## **LGBTQ+ COMMUNITIES**

[The Trevor Project](#): 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 Queer and Trans Therapists of Color Network](#): A healing justice organization committed to transforming mental health for queer & trans people of color (QTPOC). Of note, they have a [Mental Health Fund for Queer and Trans People of Color](#) and a [Mental Health Practitioner Directory](#).

[Gay, Lesbian, and Straight Education Network \(GLSEN\)](#): A national network of educators, students, and local chapters working to give students a safe, supportive, and LGBTQ+ inclusive education. See their [resources for educators](#) and [resources for students](#) (to create change in their own schools).

[Human Rights Campaign](#): America's largest civil rights organization working to achieve LGBTQ equality. Their website has a wealth of information and resources for the LGBTQ+ community and their allies. [Resources](#) are organized by topic – including content on individual identities, communities of color, workplace, and more.