

This list of BIPOC Mental Health Resources is credited to DeeDee's Cry <http://www.deedeescry.com/>

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Black

[Black Female Therapists](#) was created to promote, inspire, and elevate Black female therapists and create a safe space for Black mental health. It is a safe place for black women to discuss their mental health and wellness journey and learn new strategies to live a better life. The site features a blog, therapist directory ([one listing in MA](#)), and a podcast. You can also find them on Instagram ([@blackfemaletherapists](#)).

[Therapy for Black Girls](#) – Site includes a therapist directory ([15 listings in MA](#)), blog, podcast, and online community for Black women to gather, support and learn from one another. You also can find them on Instagram [@therapyforblackgirls](#).

[The Loveland Foundation](#) – The Loveland Foundation therapy fund provides financial assistance to Black women and girls seeking high quality, culturally sensitive services. Loveland Fund recipients will receive a list of participating professionals across the country and 4-8 sessions fully funded by the Foundation.

[Therapy for Black Men](#) - virtual directory of clinicians providing therapy for Black men ([1 listing in MA](#)). Site also has a [list of articles about mental health for Black men](#).

[Black Emotional and Mental Health \(BEAM\)](#) hosts virtually healing events and conversations on topics related to Black emotional and mental health, toolkits to support wellness, and has started a [Black Virtual Wellness Directory](#). ([two providers in MA](#))

[NAMI's page for Black/African American individuals](#)

Article from Self with [44 Mental Health Resources for Black People Trying to Survive in This Country](#)

[Black Lives Matter Meditations](#) from Dr. Candice Nicole

[Ethel's Club](#) – paid membership-based online community based in NYC for individuals of color (paid membership based, seems targeted at creatives/freelance artists, based in NYC but looks like they are building more of a global community?)

[Boris Lawrence Henson Foundation](#) – virtual directory of mental health providers, programs and resource materials ([3 listings in MA](#))

[Melanin & Mental Health](#) – site features a provider directory ([2 listings in MA](#)) and podcast for Black and Latinx/Hispanic communities

[Free Therapist Lead Support Group for Those Affected by Racial Trauma](#) – from Talkspace

[The Safe Place](#) – a Minority Mental Health app for iPhone and iPad geared towards the Black Community. The app is free and provides clinical definitions of mental illness diagnosis and

allows users to take self-assessments. It also offers self-care tips on how to cope with police brutality, as well as black mental health statistics and open forum discussions.

[TruCircle](#) – provider directory for Black mental health providers (over 60 listings in MA)

[How to Find a Black Therapist: Resource and Advice](#) – from Zencare. They also have a [provider directory for the Boston area](#) which is sortable by provider identity. (5 Black providers listed)

[Brother, You're on My Mind](#) is a program from Omega Psi Phi Fraternity, Inc and the National Institute on Minority Health and Health Disparities meant to change the national dialogue regarding mental health among African American men. They have a toolkit to help fraternity chapters and community partners educate members about depression and stress in Black men.

[AfricanAmericanTherapists.com](#) – provider directory for Black/African American counselors and psychologists (4 listed in MA)

[Depressed While Black](#) is an online community, in-progress book, and a nonprofit that donates Black-affirming personal care items to individuals who are patients at psychiatric hospitals.

[Black Mental Wellness](#) - provides access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective, highlights the diversity of mental health professionals, and decreases the mental health stigma in the Black community.

[Community Healing Network](#) – Their mission is to mobilize Black people across the African Diaspora to heal from the trauma caused by centuries of anti-Black racism, to free ourselves of toxic stereotypes, and to reclaim our dignity and humanity as people of African ancestry. Their [resources page](#) includes a toolkit to heal in the face of cultural trauma, as well as fact sheets and reading lists.

[HealHaus](#) – Offers online yoga and meditation classes geared toward healing the mind, body, and soul. Heal Haus is meant to be a safe space where healing is accessible, inclusive, and community oriented.

[The Siwe Project](#) – a global non-profit dedicated to promoting mental health awareness throughout the Black community. By providing opportunities for dialogue and the uplifting of new narratives and discourse, The Siwe Project aims to encourage more people to seek treatment without shame.

[Discover Me: Recover Me](#) - DiscoverME/RecoverME encourages the utilization of storytelling as the powerful modality for change that it is. This is accomplished by instilling the tenets the African oral tradition and incorporating acknowledgment of "virtues," positive intrinsic qualities possessed by all people. Whether it is providing a complementary aid to recovery from societal traumas, or empowerment to enlighten others about the who, what, where, when, why and how of an organization or business, we are purposed to guide in discovering all values and to help recover full command of one's narrative.

[Empower Our Crown](#) - an organization that aims to build and transform communities of color through provision of empowerment workshops, leadership and educational trainings, mental health and wellness practices and proactive engagement in the community. The organization

was originated for women and girls of color to understand the significance of their mental health, self love, community connectivity and how these play a crucial role into stepping into their purpose and making a change.

[Swervin' Through Stress](#) was created to help black youth (18-25) navigate mental wellness. They have a Dream Team Therapy Fund to cover the cost of three months of therapy sessions as well as a [NAMI helpline](#) available Monday-Friday 10am-6pm by phone at **844-457-7873**.

Massachusetts Based Resources

[Corey Johnson Program for Post-Traumatic Healing](#) host a free weekly trauma support group at Roxbury Presbyterian Church.

[BARE Mental Health & Wellness](#) provides services to promote mental health and wellness within Black communities as well as supporting systemic change to address disparities within healthcare & educational institutions, businesses, agencies, and firms.

[Blacks United in Recovery](#) is a state-wide advocacy and policy development network for Blacks and African Americans seeking recovery from mental health, trauma and substance use related challenges.

[Mental Health Peer Support Group/Pure Spark with Nieisha Deed](#) every Wed. night 7-8:30pm. You can follow Pure Spark on [Facebook](#) or Instagram ([@YourPureSpark](#)).

[Haitian Mental Health Network](#)

[Association of Haitian Women in Boston](#)

[Deconstructing Stigma](#) – Deconstructing Stigma: Changing Attitudes About Mental Health is an initiative from McLean Hospital. The Boston chapter of the NAACP is partnering with the Deconstructing Stigma campaign to address the challenges around mental health awareness, stigma, and access to care for Black Americans. They have identified [local and community resources](#) in the Boston area.

[DeeDee's Cry](#) – DeeDee's Cry provides resources and education on the importance of mental health and wellness within communities of color and creates a space where conversations begin to lift the stigma of mental health within communities of color.

Instagram Accounts

[@browngirlselfcare](#)

[@balancedblackgirlpodcast](#)

[@healingwhileblk](#)

[@blackmentalwellness](#)

[@bodyfulhealing](#)

[@blackgirlinom](#)

[List of Social Media Accounts Focused on Healing Content](#)

[12 Black Mental Health and Wellness Resources to Follow on Instagram](#)

Books, Magazines, Articles

[12 Books on Behavioral Health Written By Black People](#) from the Black Mental Health Alliance

[Ourselves Black](#) is a biannual, mental health resource magazine for the Black Community that includes resources, interviews, stories and photography meant to share imagery and tell stories infused with knowledge that promotes Black mental health.

[Why You Shouldn't Wait Until Your World is Falling Apart to Go to Therapy](#)

Yoga

[Black Yoga Teachers Alliance](#) - a collective of yoga teachers who share a love of health, wellness and peaceful living. BYTA fulfills an unmet need in the yoga world to increase the diversity of those who teach and practice yoga in the U.S. BYTA and its members have increased the accessibility of yoga in communities that have traditionally had limited or no access to the practice.

[The Yoga Green Book Directory](#) – a resource to find self-identified Black yoga teachers, Black-owned studios, Black-led teacher trainings, and events locally and worldwide. They also offer [online classes](#) with an option for a free 30-day trial.

Provider Resources

[Greater Boston Association of Black Social Workers](#)

[Association of Black Psychologists \(ABPsi\)](#) – ABPsi's site features a [directory of psychologists](#) who are members of the ABPsi and operate a private practice or are employed as therapists ([one listing for MA](#)), as well as [a certification program](#) in African centered/Black Psychology.

[American Psychiatric Association, Minority and Underrepresented Caucuses](#) – There are caucuses for American Indian/Alaska Native/Native Hawaiian, Asian-American, Black, Hispanic, International Medical Graduates, LGBTQ, and women. The APA also has a guide on [best practices for treating diverse patient populations](#).

POC

[The Steve Fund](#) is a national organization focused on supporting the mental health and emotional well-being of young people of color.

[BIPOC Mental Health Hub](#) from Mental Health America – fact sheets for BIPOC communities

[Brown Girl Therapy](#) - Brown Girl Therapy is a mental health and wellness community for all children of immigrants to explore our bicultural identities and discuss taboo topics as they pertain to our mental health and wellness in this world and in our relationships. You can follow them on Instagram [@browngirltherapy](#) or [sign up to receive their newsletter](#) for information on virtual meetups, workshops, and resources on mental health.

Local Resources

[Boston Liberation Health](#) - The Liberation Health Group is open to all advocates of social justice and human liberation involved in the struggle for a healthy society. They understand “health” as more than the absence of disease and are committed to addressing the personal, cultural, and institutional barriers that prevent people from being healthy.

[Dorchester Mattapan Roxbury \(DMR\) Support and Advocacy Network, NAMI Boston](#) - DMR Support and Advocacy Network is a resource for those facing the challenges of mental illness and provides free support group and education. They are currently offering their monthly meetings virtually.

Apps/Online Resources

[Liberate](#) - Liberate is the #1 meditation app for the Black, Indigenous, and People of Color community.

[Ayana Therapy](#) – Ayana Therapy is an app (currently in development) that allows individuals to take an anonymous survey that matches them with a therapist to chat with through the app. Until the launch, you can follow their [blog](#) or [Instagram page \(@ayana_therapy\)](#) for helpful resources for minority mental health.

[MindRight](#) – Culturally-responsive, daily coaching over text message for youth and young adults

[Dr. Jennifer Mullan](#) – “Dr. Jennifer Mullan, a clinical psychologist, created [Decolonizing Therapy](#), a mental health support social movement, to make sure clients, especially queer BIPOC folks, had access to resources that acknowledge the legacy of racism and the impact of multigenerational trauma.” – from [SELF article](#)

[The Nap Ministry](#) – Instagram account that promotes the power of naps and the importance of rest as a form of resistance and reparations. [@thenapministry](#)

Yoga

[Satya Yoga Cooperative](#) – a POC (People of Color) member-owned yoga cooperative. Satya Yoga Cooperative provides a culturally sensitive and relevant alternative to Western yoga that has been romanticized, commercialized, and very often stripped of any spiritual essence or connection to its culture of origin.

[Leela Yoga + Wellness](#) – Boston-based organization that provides Yoga, Meditation and Self-Care workshops, classes and special events for individuals, businesses, schools, community centers, youth / after-school programs, shelters and organizations, specializing specifically in a Trauma Informed and Trauma Sensitive approach. You can find more information and a class schedule on their website.

[Linda Wellness Warrior](#) – Linda is a wellness coach and yoga teacher based in Boston. She is currently offering classes online via Zoom and outdoors in parks in Boston

Provider Directories

[Inclusive Therapists](#) – virtual directory of culturally responsive and social justice oriented therapists (**only 2 providers in MA listed**)

[QTPOC Mental Health Practitioner Directory](#) - Virtual directory of mental health practitioners across the country for queer and trans people of color, provided by the National Queer and Trans Therapists of Color Network (**only 5 providers in MA listed**) They also offer an online [QTIBIPoC Healing Space](#) and [Instagram page \(@qtpocmentalhealth\)](#).

[Therapy for Queer People of Color](#) – directory for inclusive mental health care for queer and trans folks of color (**3 listings in MA**)

[Psychology Today](#) – general provider directory for locating individual behavioral health practitioners that can be sorted by “ethnicity served”

[Sukhi](#) – culturally sensitive therapist directory (**26 listings for MA**)

[Innopsych](#) – a virtual directory of therapists of color (**62 listings in MA**)

[Therapy in Color](#) – **1 listing in MA**

Self Care

[Rest for Resistance](#) - a web zine and support group that centers mental health, healing, and self-care for marginalized people, and especially queer and trans people of color

[15 Mental Health Podcasts for People of Color](#)

[My Therapy Cards](#) – a card deck created by a Black female psychologist for other women of color with the intention of helping other women of color grow in the areas of emotional and mental health.

Provider Resources

[Workshops and Trainings from Inclusive Therapists](#) – online CEU courses for social justice-oriented mental health and wellness professionals.

[QTPOC Practitioner Development](#) – Resources to support queer and trans people of color in their own practices and in support of healing for the greater QTPOC community

Latinx/Hispanic

[Melanin & Mental Health](#) – site features a provider directory (2 listings in MA) and podcast for Black and Latinx/Hispanic communities

[NAMI's page for Latinx/Hispanic individuals](#) – page has information about mental health conditions in the Latinx/Hispanic community, guidance on how to find a culturally-responsive provider, and resources. A version of the page is [available in Spanish](#).

[Therapy for Latinx](#) – provider directory (2 listings in MA)

[MentalHealth.gov in Spanish](#) – the site features information on mental health, symptoms of various mental health conditions, and resources to support people looking for help.

[Information and Materials in Spanish from Mental Health America](#) – the page includes screening tests for anxiety and depression as well as fact sheets and public education campaigns about mental health

[The Focus on You](#) – self care, mental health and inspirational articles written by a Latina therapist

[Sana Mente](#) - a site run by Each Mind Matters, California's Mental Health Movement. It has helpful information in Spanish about mental health conditions and resources for all ages.

Local Resources

[NAMI Latinx Support and Advocacy Network \(SAN\)](#) – NAMI Latinx SAN is part of NAMI Greater Boston. They provide monthly, free support groups in Spanish for families, friends, and caregivers of individuals with a mental health condition on the second Thursday of the month.

Resources for Providers

[American Society of Hispanic Psychiatry](#) – ASHP fosters multidisciplinary collaborations in mental health treatment with a particular focus on Latino Populations. Members are psychiatrists, psychologists, and other mental health workers.

[National Hispanic and Latino MHTTC](#) – the National Hispanic and Latino MHTTC provides training and technical assistance resources to improve the capacity on the workforce serving Hispanic and Latino communities in behavioral health prevention, treatment, and recovery

Indigenous

[The National American Indian and Alaska Native MHTTC](#) – provides academic programming, webinars, and resources to ensure that American Indian and Alaska Natives have access to high-quality, evidence-based and experience-based, culturally appropriate behavioral health services and recovery supports

[We R Native](#) – a comprehensive health resource for Native youth, by Native youth which includes information about culture, body, mind, relationships, and the environment.

Asian

[Asian Mental Health Collective](#) – the Asian Mental Health Collective works to normalize and destigmatize mental health within the Asian community. They offer many resources and a virtual [directory of providers](#) that serve Asian Americans across the country (**7 providers in MA**).

[Asian Mental Health Project](#) – the Asian Mental Health Project offers resources to find support and to help educate Asian American communities about mental health

[South Asian Mental Health Initiative & Network](#) – the South Asian Mental Health Initiative serves South Asians (individuals with ancestry from India, Pakistan, Sri Lanka, Nepal, Bhutan, Bangladesh, and the Maldives) by providing educational resources, a blog, and a provider directory (**1 provider in MA**).

[Asian American Psychological Association COVID-19 Resources](#) – The AAPA has compiled a list of mental health and self-care tips, information on responding to racism and xenophobia, and parenting resources for Asian Americans.

[National Asian American Pacific Islander Mental Health Association](#) – NAAPIMHA promotes the mental health and well being of the Asian American and Pacific Islander communities through trainings, resources for services in all 50 states (**18 resources listed in MA**), and national advocacy

LGBTQ Resources Specifically for Asian Americans

[Asian Pride Project](#) – celebrates the journeys, triumphs, and struggles of LGBTQ individuals and their Asian and Pacific Islander families and communities through film, video, photography, and written word.

[Coming Out: Living Authentically as LGBTQ Asian and Pacific Islander Americans](#) – a resource guide by the Human Rights Campaign foundation and the National Queer Asian Pacific Islanders Alliance (NQAPIA) designed to help Asian Americans and Pacific Islanders with the coming out process.

[Visibility Project](#) – The Visibility Project uplifts stories and images of the national queer Asian Pacific American women and transgender community. They also have a resource list on their website.

Local Resources

[Together Empowering Asian Minds](#) – TEAM aims to engage, educate and empower Asian Americans with culturally relevant resources and peer support to destigmatize seeking mental health support. Their resource lists include videos, podcasts, articles, fact sheets, and toolkits to

[Japanese Bostonians Support Line](#) – the JB Line supports members of the Japanese community in New England with problems they face in their daily lives by providing consultation, giving them needed information, offering them direct support services, or connecting them with other social resources. The support line is available weekdays from 10am-4pm in English and Japanese.

[Saheli](#) – Saheli offers non-judgmental, culturally sensitive domestic violence services to South Asian women and families. Services are offered in Bengali, Gujarati, Hindi, Kannada, Marathi, Punjabi, Sindi, Tamil, Telugu, Urdu, Nepali, and Arabic. They also offer a 24-hour helpline that can be reached by phone at 1-866-742-4354.

Resources for Providers

[Asian American Psychological Association \(AAPA\)](#) – AAPA advocates and produces resources to support the mental health of Asian Americans. They produce a journal and newsletters to support the education of Asian American behavioral health practitioners.