

Inclusive Mental Health Resources

For BIPOC and LGBTQIA



Credit: Madison Lavern via Unsplash.com.

Please note: this document is an ongoing compilation of resources for people in the United States of America.

Please share this document with anyone who would benefit. We also welcome your suggestions for resources to add.

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Inclusive Therapy

Directories & Resource Platforms

- [Inclusive Therapists](#): Austin-based therapist Melody Li founded the Inclusive Therapists database to connect people of all identities, abilities, and bodies with culturally sensitive care. Many therapists in the Inclusive Therapists network offer reduced-fee teletherapy options to ensure that financial limitations do not keep people from pursuing care.
- [Open Path Psychotherapy Collective](#): A non-profit nationwide network of mental health professionals dedicated to providing in-office mental health care—at a steeply reduced rate—to individuals, couples, children, and families in need.

Specialized Directories & Advocacy Organizations

For the Black community

- [Therapy for Black Girls](#): Dr. Joy Harden Bradford founded this organization to combat the stigma around therapy that might otherwise prevent Black women from seeking care. Now, TBG provides a podcast, a directory of culturally competent therapists, and a private community Facebook support group. They also provide free group support sessions weekly on Thursday nights at 7 p.m. EST.
- [Therapy for Black Men](#): Vladimire and Benjamin Calixte co-founded this organization so men and boys of color would have a dedicated place to visit when seeking support for mental health guidance or professionals and to help strip away the stigmatization associated with men of color regarding therapy in their communities at large.

For the LatinX community

- [LatinX Therapists Action Network](#) is a network of Latinx mental health practitioners that are committed to honoring and affirming the human dignity of Latinx immigrant communities marginalized by violence, criminalization, detention, and deportation.
- [Therapy for LatinX](#) is a national mental health resource for the Latinx community working with licensed therapists across the country. They provide resources for the community to heal, thrive, and become advocates for their own mental health. Therapy for Latinx uses the latest technology to make it as

easy as possible for people to find therapists, life coaches, emergency mental health centers, and free/low costs community clinics.

For the Asian Community

- [Asian Mental Health Collective](#) has a mission to raise awareness about the importance of mental health care, promote emotional well-being, and challenge the stigma concerning mental illness amongst Asian communities globally.
- [South Asian Mental Health Initiative & Network](#) (SAMHIN) was established to address the full range of mental health needs for South Asian community members—individuals with origins from India, Pakistan, Bangladesh, Nepal, Sri Lanka, Bhutan, and the Maldives—who are living in the United States. Through research and mental health education, SAMHIN works to reduce social and economic barriers that limit access to care for South Asian individuals.

For the LGBTQIA Community

- [National Queer and Trans Therapists of Color Network](#) (NQTTCN) is a healing justice organization committed to transforming mental health for queer and trans people of color (QTPoC).

Inclusive Therapy Apps

- [Ayana](#): Eric Coly created this user-friendly app to match marginalized communities with compatible licensed therapists based on their unique experiences and identities across race, gender identity, class, sexuality, ethnicity, and ability. It allows for flexible, convenient and anonymous online communication (text, call and video call) and addresses barriers to care such as transportation issues, busy schedules and mobility challenges that people may face.

Inclusive Apps for Mental Health

- [Shine](#): is a self-care app developed by women of color to help people who have experienced racism to rest, heal, and grow through difficulty. It offers inclusive meditations paired with motivational messages that address specific struggles, personalized affirmations and self-care programs, and a diverse community that supports users through the highs and lows.

Non-profit Therapy Providers / Funders

- [Boris Lawrence Henson Foundation](#) is a nonprofit founded by Taraji P. Henson changing the perception of mental illness in the Black community. In response to COVID-19, they're offering up to **five free sessions to Black Americans** who are dealing with life-altering stress and anxiety related to the coronavirus through the COVID-19 Free Virtual Therapy Support Campaign.
- [IHI Therapy Center](#) (Institute for Human Identity) was founded in 1973 to fill an important need: providing affirmative professional mental health services to the lesbian, gay, bisexual, and transgender communities. After leading the successful struggle to have homosexuality removed from the list of mental disorders, the founders of IHI recognized the need for a LGBTQ therapy center that could address people's emotional problems while respecting and fostering their unique identity.
- [The Loveland Therapy Fund](#) provides financial assistance to Black women and girls nationally to gain access to mental health professionals across the country. **The fund covers 4-8 sessions** of high quality, culturally competent services to Black women and girls through partnerships with Therapy for Black Girls, National Queer & Trans Therapists of Color Network, Talkspace and Open Path Collective.
- [Oshun Family Center](#) is a nonprofit focused on providing therapy services to women, children and families from communities of color that is offering free racial trauma counseling to Black people in and around Philadelphia. Founder Saleemah McNeil, says her desire to provide free therapy to people of color is not only rooted in her experience as a Black woman in America, but also seeing the hurt, anger and pain of a community left feeling broken and hopeless.

Experts & Groups Offering Content & Resources

- [Dr. Jennifer Mullan](#) of [Decolonizing Therapy](#): Dr. Mullan believes that it is essential to create dialogue to address how mental health is deeply affected by systemic inequities and the trauma of oppression, particularly the well-being of Queer Indigenous Black Brown People of Color (QIBPOC). Dr. Mullan also centralizes Historical and Intergenerational Trauma, which she identifies as Ancestral Trauma, at the crux of decolonization work. Through the movement of Decolonizing Therapy, Dr. Mullan can be found providing international keynotes, holding Radicalizing Rage workshops, doing Coaching sessions while un-training mental health professionals, and providing Ancestral healing sessions.
- [Black Emotional & Mental Health Collective](#) - BEAM is a collective of advocates, yoga teachers, artists, therapists, lawyers, religious leaders, teachers, psychologists and activists committed to the emotional/mental health and healing of Black communities. Their mission is to remove the barriers that Black people experience getting access to or staying connected with emotional health care and healing. They do this through education, training, advocacy and the creative arts.
- [AMHC WAVES](#) - a volunteer organization within the Asian Mental Health Collective whose purpose is to destigmatize mental health within the Asian Pacific Islander Desi American (APIDA) community by providing a safe space for individuals to discuss any and all things mental wellness. They host events such as roundtables, guest speaker panels, and other meetups to learn and spread awareness about mental health.

Articles on Race-Based Traumatic Stress

- Metro.co.uk: "[The emotional impact of watching white people wake up to racism in real-time](#)," June 12, 2020
- GQ Magazine: "[How a Black Therapist Is Treating Protest Trauma](#)," June 9, 2020
- Glamour Magazine UK: "[The expert-backed guide to managing your mental health in the face of discrimination](#)," June 6, 2020

Applying Mindfulness to Racism & Trauma

Articles

- MindfulLeader.org: "[How to Help Co-Create an End to Racial Injustice](#)," June 9, 2020
- Mindful.org: "[Encouraging Meaningful Conversations about Race and Trauma](#)," August 29, 2019
- Mindful.org: "[How to Stop the Racist In You](#)," August 3, 2016
- Greater Good Science Center: "[How Mindfulness Can Defeat Racial Bias](#)," May 14, 2015

Books

- [*The Inner Work of Racial Justice: Healing Ourselves and Transforming Our Communities Through Mindfulness*](#) by Rhonda Magee
- [*Mindful of Race: Transforming Racism from the Inside Out*](#) by Ruth King
- [*Calm Clarity: How to Use Science to Rewire Your Brain for Greater Wisdom, Fulfillment, and Joy*](#) by Due Quach

Articles for Parents

- [“Talking to Kids About Race,”](#) interview with Dr. Carlin Barnes, MD and Dr. Marketa Wills, MD, MBA, on the Local Moms Network

Toolkits

- [FamilyCare, CommunityCare and SelfCare Tool Kit: Healing in the Face of Cultural Trauma](#) from the The Association of Black Psychologists

More Resource Listings

- [7 Virtual Mental Health Resources Supporting Black People Right Now](#)
- [14 Organizations and People Working to Support BIPOC Mental Health During the Coronavirus Crisis](#)
- [44 Mental Health Resources for Black People Trying to Survive in This Country](#)

About Calm Clarity

[Calm Clarity](#) is a pioneering social enterprise that uses science to empower people of all backgrounds to overcome adversity and develop a mindset for growth, leadership, and resilience. Our specialty is applying insights from neuroscience and mindfulness to tackle complex social challenges (such as unconscious bias, trauma, racial and socioeconomic inequality) and to address social narratives and limiting patterns that prevent people from realizing their full potential and becoming the highest expression of who they can be.

We are committed to fostering socioeconomic inclusion. Through our social impact initiatives, we give under-served groups facing extreme adversity access to the same high quality leadership training provided to elite professionals. In addition to enabling senior leaders to improve their performance and impact, the effective tools and leadership development we provide has helped many people in very challenging circumstances break self-sabotaging patterns arising from toxic stress, trauma, and poverty.

The Calm Clarity [book](#), our [speaking, training, and consulting](#) engagements, and our [retreats and weekend workshops](#) support our social impact initiatives to deliver Calm Clarity training and content to disadvantaged first-generation college students, workforce development programs, and non-profit organizations and schools serving low-income communities.