

# **Black, Indigenous, and People of Color (BIPOC)**

## **Mental Health**

### **Resource Guide**

Catherine C. Ragland Woods, PhD

VA West Los Angeles Medical Center

Christina M. Robinson, PhD

VA West Los Angeles Medical Center

Leah Tappero, PhD

California State University San Marcos, Student Health and  
Counseling Services

Anjuli Chitkara, PhD, LLC, Eugene, Oregon

Yolanda Valenzuela, PhD

Momentous Institute, Dallas, Texas

Derrick Bines, PhD

University of California, Berkeley

**This guide was created with a focus on BIPOC mental health to be utilized by clinicians, patients/clients, and allies. This resource guide is comprehensive; however, not exhaustive. Our hope is that this resource guide will be shared and updated to better understand, treat, and hold space for BIPOC.**

### **Quick links:**

<https://www.self.com/story/black-mental-health-resources>: 44 Mental Health Resources for Black People Trying to Survive in This Country, by Zahra Barnes

[NAACP](#) National Association for the Advancement of Color People

### **Apps**

[Insight Timer](#): Smartphone app and online community for meditation; guided meditations, music and talks available for free and for-fee. (Teachers of Color is a favorite feature)

[Liberate Meditation](#): An app designed by tech entrepreneur Julio Rivera, specifically to support the meditation practices of people from BIPOC communities. Available from Apple's App Store and Google Play; compatible with iOS and Android; can be downloaded free of charge; free and for-fee guided meditations and dharma talks available.

[Talkspace](#): is offering a free therapist-led support group in addition to offering substantial financial assistance for therapy in the Black community.

[The Safe Place App](#): is a Minority Mental Health app that educates and raises more awareness on Mental Illness in the Black Community

### **Books**

*Biased: Uncovering the Hidden Prejudice That Shapes What We See, Think, and Do*, by Jennifer L. Eberhardt, PhD

*Black Families in Therapy: Understanding the African American Experience*, by Nancy Boyd-Franklin

*The Inner Work of Racial Justice: Healing Ourselves and Transforming our Communities Through Mindfulness*, by Rhonda V. Magee, Foreword by Jon Kabat-Zinn

*It's Time to Talk (and Listen): How to have Constructive Conversations about Race, Class, Sexuality, Ability, & Gender in a Polarized World*, by Anastasia S. Kim, PhD & Alicia Del Prado, PhD, Foreword by Kevin L. Nadal, PhD

*The Racial Healing Handbook: Practical Activities to Help You Challenge Privilege, Confront Systemic Racism, and Engage in Collective Healing (The Social Justice Series)*, by Anneliese A. Singh, PhD, LPC, Foreword by Tim Wise, Afterword by Derald Wing Sue, PhD

*My Grandmother's Hands: Racialized Trauma and the Pathway to Mending our Hearts and Bodies*, by Resmaa Menakem, MSW, LICSW, SEP

*Between the World and Me*, by Ta-Nehisi Coates

*Just Mercy: A Story of Justice and Redemption*, by Bryan Stevenson

*The New Jim Crow: Mass Incarceration in the Age of Colorblindness*, by Michelle Alexander

*I Am Enough*, by Grace Byers (Children's Bullies Issues Book)

*I Believe I Can*, by Grace Byers (Children's Book)

*Hair Like Mine*, by Latashia M. Perry (Children's Book)

*Skin Like Mine*, by Latashia M. Perry (Children's Book)

*Hair Love*, by Matthew A. Cherry

*When God Made You*, by Matthew Paul Turner (Children's Christian Family Fiction)

*Why Are All the Black Kids Sitting Together in the Cafeteria?*, by Beverly Daniel Tatum, PhD

*The Name Jar*, by Yangsook Choi

*The Grace of Silence: A Family Memoir*, by Michelle Norris

*March: Book One*, by John Lewis, Andrew Aydin, and Nate Powell

*March: Book Two*, by John Lewis, Andrew Aydin, and Nate Powell

*March: Book Three*, by John Lewis, Andrew Aydin, and Nate Powell

*The Underground Railroad*, by Colson Whitehead

*The Hate U Give*, by Angie Thomas (Young Adult)

*Sing, Unburied, Sing: A Novel*, by Jesmyn Ward

*Thick: And other Essays*, by Tressie McMillan Cotton

*Pedagogy of the Oppressed*, by Paulo Freire

*All Our Relations: Finding the Path Forward*, by Tanya Talaga

*Seven Fallen Feathers: Racism, Death, and Hard Truths in a Northern City*, by Tanya Talaga

*Healing the Soul Wound: Trauma-Informed Counseling for Indigenous Communities*, by Eduardo Duran (Tiospaye Ta Woapiye Wicasa), Foreword by Allen E. Ivey

*Our Time is Now: Power, Purpose, and the Fight for a Fair America*, by Stacey Abrams

## **Podcasts**

[Therapy for Black Girls](#): Podcast founded and created by Joy Haven Bradford, PhD, "...a weekly chat about all things mental health, personal development, and all the small decisions we can make to become the best possible versions of ourselves."

[Balanced Black Girl](#): Hosted by Lestraundra Alfred, offering advice by Black women wellness experts

[Let's Talk Bruh](#): Podcast on Black Masculinity.

[Black Mental Health Podcast](#): "...dedicated to understanding and unraveling the mental issues in the African American community."

[Truth's Table](#): Hosted by self-identified Black Christian women, providing unique perspectives on race, politics, gender, current events, and pop culture through the lens of their Christian faith.

[H.E.R Space](#): Hosted by Dominique Broussard and Terri Lomax; uplifting conversations for Black women.

[Black Girls Heal](#): Hosted by Shena Tubbs, “helps women break out of cycles of unhealthy relationships with unavailable partners and feeling not enough by combining coaching, therapeutic support, and practical tools.”

[Black Girl in Om](#): Founded and hosted by Lauren Ash; conversations focusing on wellness, self-care, and self-love for women of color.

[Naming It](#): Hosted by Bay Area psychologists, Dr. Bedford Palmer II and LaMisha Hill, exploring pop-culture, current events, and their impact on our lives.

[All My Relations](#): Hosted by Matika Wilbur & Adrienne Keene, EdD, conversations centered on Native American peoples to “explore our relationships-relationships to land, to our creatural relatives, and to one another.”

[Mental Health Minute: Session Notes](#): In-depth conversations on a wide range of mental health topics.

[La Cura](#): Podcast focusing on Latinx healing and wellbeing.

[Latina Theory](#): Hosted by Midwest Latinxs Maria Isa and Jessica Lopez Lyman, covering a wide range of topics from “current events, race, and gender to edutainment, chisme y musica, all in one Spanglish podcast.”

[Latinx Mental Health Podcast](#): Conversations around experiences in the intersections of mental health and Latinx identity.

## **Websites**

[The BIPOC Project](#): A Black, Indigenous, & People of Color Movement.

[BEAM: Black Emotional and Mental Health Collective](#): Organization of advocates from diverse professions (Yoga, Psychology, religious leaders, teachers) which aims to reduce barriers to Black healing. Resources include a therapy directory, online toolkits, and education on “Social Justice Informed Mental Health Literacy.”

[Black Mental Health Alliance](#): Organization that develops and promotes educational activities, trainings, and referral services to improve the health and well-being of Black people and other vulnerable communities. Resources for clinicians as well as a therapist directory. Direct patient and family services mainly available in Baltimore area.

[Black Mental Wellness](#): Provides access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective, as well as training opportunities for students and professionals.

[Therapy for Black Men](#): Directory resource providing men of color access to multiculturally competent therapists.

[Therapy for Black Girls](#): Online space dedicated to encouraging the mental wellness of Black women and girls. Offers listing of mental health professionals across the country who provide high quality, culturally competent services to Black women and girls, an informational podcast and an online support community.

[Ourselves Black](#): Provides information on promoting mental health and developing positive coping mechanisms through a podcast, online magazine and online discussion groups.

[The Loveland Foundation](#): Organization established by Rachel Cargle, offering resources, funding, residency programs, and access to healing and empowering spaces with a particular emphasis for Black women and girls.

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

[Activist Trauma Support](#): Online and archived website providing information on mental health support for those involved in activism.

[The Boris Lawrence Henson Foundation](#): Organization working to end the stigma of mental health within the Black community.

[Color of Change](#): Nation's largest online racial justice organization.

[Blacks in Government](#): Blacks in Government National organization aimed at promoting "EQUITY in all aspects of American life, EXCELLENCE in public service, and OPPORTUNITY for all Americans."

### **Therapist Directories**

[AfricanAmericanTherapists.com](https://africanamericantherapists.com)

<https://therapyforblackmen.org/>

<https://www.inclusivetherapists.com/>

[LGBTQ Psychotherapists of Color Directory](#)

[National Queer and Trans Therapists of Color Network](#)

<https://www.ayanatherapy.com/> (online therapists)

[Open Path Collective](#) (sort by ethnic specialty, lower rates \$30-\$60 per session)

[Therapy for Queer People of Color](#)

[U.S. Dept of Health & Human Svcs Office of Minority Health](#)

[Native American Communities & Mental Health](#)

[Psychology Today Directory of African American Therapists](#)

[Union of Pan Asian Communities \(UPAC\): Uniting People Across Cultures](#)

[Innopsych](#)

NAMI: <https://www.nami.org/Support-Education/Diverse-Communities/African-American-Mental-Health>

ADAA: <https://adaa.org/african-americans>

APA: <https://www.apa.org/news/press/releases/2020/05/racism-pandemic>

### **Therapist Organizations**

[The Association of Black Psychologists](#)

[National Latinx Psychological Association](#)

[Asian American Psychological Association \(AAPA\)](#)

[Division on Filipinx Americans AAPA](#)

### **Psychiatrists' Resources**

<https://blackmentalhealth.com/black-psychiatrists/>

<https://www.psychologytoday.com/us/psychiatrists/african-american>

[7 Cups](#) (free 24/7 chat, low cost online therapy \$150 per month)

## Articles and Blog Posts

[Article](#) on coping with anticipatory grief

[Article](#) on coping with traumatic stress

[Article](#) on Racial Battle Fatigue

[Quick Link](#) Indigenous Identity & Mental Health

The Psychology of Radical Healing (And other works by The Psychology of Radical Healing Collective)

<https://www.psychologytoday.com/us/blog/healing-through-social-justice/201903/the-psychology-radical-healing>

Native Appropriations - Blog Maintained by Adrienne Keene, EdD

<http://nativeappropriations.com/>

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/be-female-anxious-and-black>

<https://www.self.com/story/black-mental-health-resources>

## Self-Care

<https://medium.com/@SolidarityWOC/filling-our-cups-4-ways-people-of-color-can-foster-mental-health-and-practice-restorative-healing-64e5e7584127>

Responding to current events: <https://hashtagprotectyourenergy.weebly.com/>

Mental Health and Self-care Resources:

<https://docs.google.com/spreadsheets/d/1li8FRUNFoVuJ2-UtSw3gyxLTM4ObcXD-W1R-X0EQCUU/edit#gid=0>

## 24-Hour Hotlines

[\*National Suicide Prevention Hotline:\* 1-800-273-8255](#)

[\*GLBT National Hotline:\* 888-843-4564](#)

[\*The California Peer-Run Warm Line:\* 1-855-845-7415](#)

[\*Trevor Project:\* 866 488 7386 or text TREVOR to 1 \(202\) 304 1200](#)

[\*Trans Lifeline:\* 877-565-8860](#)



**General Support (Not 24-hours)**

[SAMHSA Treatment Referral Hotline](https://www.samhsa.gov/2k19/2k19-treatment-referral-hotline) 1-877-726-4727

[National Alliance on Mental Health Helpline](https://www.namhi.org/helpline) : 1-800 950-NAMI