

# 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.

(Continued on next page)

## **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.