

# Mental Health Resources

Race and other Minority Group Specific and Culturally Intelligent Care Resources from NAMI

## Resources for Asian American and Pacific Islander Communities

### [NAMI Family & Friends](#)

*A free 90-minute or four-hour seminar, with an e-book available in three Asian languages: Chinese, Korean and Vietnamese.*

### [NAMI In Our Own Voice](#)

*A stigma-busting presentation providing a model that facilitates highly individualized accounts of lived experience of mental health conditions. This video features program leaders from various racial and ethnic backgrounds.*

### [NAMI Family-to-Family](#)

*An 8-week psychoeducation program for families and friends. A Chinese translation with cultural adaptations will be available in 2021, with online classes offered by NAMI Affiliates in a limited number of states, including California and New Jersey.*

### [NAMI Support Groups](#)

*Peer-led and offers participants an opportunity to share their experiences and gain support from other attendees. Culturally sensitive groups are offered by NAMI Affiliates in a limited number of states, including California and New Jersey.*

### [NAMI Blog — AAPI related posts](#)

*Where voices from diverse communities are heard on various topics.*

*Please note: The resources included here are not endorsed by NAMI, and NAMI is not responsible for the content of or service provided by any of these resources.*

### [Anxiety and Depression Association of America \(ADAA\) — Asian Americans/Pacific Islanders](#)

*ADAA is an international nonprofit organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through education, practice and research. It has a dedicated webpage on AAPI resources and research information.*

### [Asian American Health Initiative \(AAHI\)](#)

*AAHI is a health and wellness initiative of Maryland's Montgomery County Department of Health and Human Services. Its website is available in four Asian languages: Traditional Chinese, Hindi, Korean and Vietnamese.*

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

*AAPA is a San Francisco-based non-profit organization of Asian American mental health professionals, with the mission of advancing the mental health and well-being of Asian American communities through research, professional practice, education and policy.*

### [Asian Mental Health Collective](#)

*A new global non-profit organization with the mission of normalizing and de-stigmatizing mental health*

*within the Asian community through projects such as Facebook group, resource library, video web-series and meet-up groups.*

#### [Asian & Pacific Islander American Health Forum \(APIAHF\)](#)

*Founded in 1986, APIAHF influences policy, mobilizes communities, and strengthens programs and organizations to improve the health of Asian Americans, Native Hawaiians and Pacific Islanders.*

#### [Asian Pride Project](#)

*Asian Pride Project is a nonprofit organization that celebrates the journeys, triumphs and struggles of LGBTQ individuals and Asian and Pacific Islander (API) families and communities through the use of arts — film, video, photography and the written word — as a medium for social justice and advocacy.*

#### [Chinese-American Family Alliance for Mental Health \(CAFAMH\)](#)

*CAFAMH is a NYC-based nonprofit organization that seeks to promote self-empowerment and mutual support among Chinese-American caregivers of individuals with mental illness by providing a safe space for family support group meetings.*

#### [Chinese-American Sunshine House](#)

*A non-profit organization based in Brooklyn that provides awareness programming and education workshops to Chinese-American families.*

#### [Chinese for Affirmative Action \(CAA\)](#)

*CAA advocates for systemic change that protects immigrant rights, promotes language diversity, and remedies racial and social injustice.*

#### [Each Mind Matters](#)

*Mental health support guide for Chinese-American communities.*

#### [GAPIMNY](#)

*Empowering queer and trans Asian Pacific Islanders.*

#### [Mental Health America](#)

*Asian American/Pacific Islander communities and mental health.*

#### [Mental Health Association for Chinese Communities \(MHACC\)](#)

*MHACC is a California-based nonprofit organization with a mission of raising awareness of mental health within the Chinese community through advocacy, education, research and support.*

#### [MedlinePlus](#)

*MedlinePlus is a free service provided by the National Library of Medicine of the National Institutes of Health which presents high-quality, relevant health and wellness information in multiple languages, including about 20 AAPI languages.*

#### [National Asian American Pacific Islander Mental Health Association \(NAAPIMHA\)](#)

*NAAPIMHA is a nonprofit organization with the mission of promoting the mental health and wellbeing of Asian American and Pacific Islander communities.*

#### [National Queer Asian Pacific Islander Alliance \(NQAPIA\)](#)

*NQAPIA is a federation of lesbian, gay, bisexual and transgender Asian American, South Asian, Southeast Asian and Pacific Islander (AAPI) organizations.*

### [Psychology Today](#)

*Psychology Today's directory provides a comprehensive and searchable directory of therapists, psychiatrists and treatment facilities across the U.S. and includes a directory of Asian therapists.*

### [Viet-Care](#)

*A California-based nonprofit organization providing mental health education, support and advocacy to Vietnamese-American families.*

### [Letters to Strangers](#)

*A global youth-run 501(c)(3) nonprofit seeking to destigmatize mental illness and increase access to affordable, quality treatment for youth aged 13 to 24. Its founder, Diana Chao, and her team of youth advocate leaders represent diverse communities and contribute to the awareness of and advocacy for Asian American youth mental health. Download their [Youth-for-Youth Mental Health Guidebook](#) (free digital B&W version) for more in-depth statistics and narratives on AAPI communities.*

## Resources for Black and African American Communities

### [Black Emotional and Mental Health Collective \(BEAM\)](#)

*Group aimed at removing 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.*

### [Black Men Heal](#)

*Limited and selective free mental health service opportunities for Black men.*

### [Black Mental Health Alliance](#) — (410) 338-2642

*Provides information and resources and a “Find a Therapist” locator to connect with a culturally competent mental health professional.*

### [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.*

### [Black Women’s Health Imperative](#)

*Organization advancing health equity and social justice for Black women through policy, advocacy, education, research and leadership development.*

### [Boris Lawrence Henson Foundation](#)

*BLHF has launched the COVID-19 Free Virtual Therapy Support Campaign to raise money for mental health services provided by licensed clinicians in our network. Individuals with life-changing stressors and anxiety related to the coronavirus will have the cost for up to five (5) individual sessions defrayed on a first come, first serve basis until all funds are committed or exhausted.*

### [Brother You’re on My Mind](#)

*An initiative launched by Omega Psi Phi Fraternity, Inc. and NIMHD to raise awareness of the mental*

health challenges associated with depression and stress that affect Black men and families. Website offers an [online toolkit](#) that provides Omega Psi Phi Fraternity chapters with the materials needed to educate fellow fraternity brothers and community members on depression and stress in Black men.

#### [Ebony's Mental Health Resources by State](#)

List of Black-owned and focused mental health resources by state as compiled by Ebony magazine.

#### [Hurdle](#)

Provides culturally sensitive self-care support and teletherapy for Black men and their families. Currently in pilot program available only to residents of MD, VA and DC. Residents of other states can join their waiting list and will be notified when Hurdle is available in their state.

#### [Melanin and Mental Health](#)

Connects individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities. Promotes the growth and healing of diverse communities through its website, online directory and events.

#### [Ourselves Black](#)

Provides information on promoting mental health and developing positive coping mechanisms through a podcast, online magazine and online discussion groups.

#### [POC Online Classroom](#)

Contains readings on the importance of self care, mental health care, and healing for people of color and within activist movements.

#### [Sista Afya](#)

Organization that provides mental wellness education, resource connection and community support for Black women.

#### [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.

#### [The SIWE Project](#)

Non-profit dedicated to promoting mental health awareness throughout the global Black community.

#### [The Steve Fund](#)

Organization focused on supporting the mental health and emotional well-being of young people of color.

#### [Unapologetically Us](#)

Online community for Black women to seek support.

#### **Treatment Directories**

- [Association of Black Psychologists Directory](#)
- [Inclusive Therapists](#)
- [Innopsych](#)

- [LGBTQ Psychotherapists of Color Directory](#)
- [National Queer and Trans Therapists of Color Network](#)
- [Psychology Today Directory of African American Therapists](#)
- [Therapy for Black Men](#)

## Resources for Indigenous Communities

### [Centers for Medicare & Medicaid Services American Indian/Alaska Native Information and Resources](#)

*The Center for Medicare and Medicaid Services (CMS) Division of Tribal Affairs works closely with American Indian and Alaskan Native (AIAN) communities and leaders to enable access to culturally competent healthcare to eligible to CMS beneficiaries in Indian Country.*

### [Circles of Care: Creating Models of Care for American Indian and Alaska Native Youth](#)

*Describes the Substance Abuse and Mental Health Services Administration's grant program, Circles of Care, which develops culturally appropriate interventions to serve youth with serious behavioral health challenges.*

### [Indian Health Service](#)

*A Federal program for American Indians and Alaska Natives. Website includes FAQ for patients and section on Behavior Health services in the AI/AN health care services.*

### [Indian Country Child Trauma Center](#) (ICCTC) (405-271-8858)

*A SAMHSA-funded program established to develop training, technical assistance, program development and resources on trauma-informed care to tribal communities. Oklahoma City-based center specializes in treatment of Native American children that live with trauma and sexual abuse.*

### [One Sky Center](#) (503-970-7895)

*Provides resources and a "Find a Therapist" locator for treating mental health and substance use disorder within Native American communities.*

### [StrongHearts Native Helpline](#) (844-762-8483)

*StrongHearts Native Helpline is a domestic violence and dating violence helpline for American Indians and Alaska Natives, offering culturally appropriate support daily from 7 a.m. to 10 p.m. CT via phone and online chat. StrongHearts Native Helpline's one-on-one chat sessions with advocates can be accessed by clicking on the "Chat Now" icon at [strongheartshelpline.org](http://strongheartshelpline.org).*

## Resources for the Hispanic and Latinx Communities

### [NAMI's Compartiendo Esperanza](#)

*Lack of information surrounding mental health issues can prevent people in Hispanic/Latinx communities from getting the help and support they need.*

*Compartiendo Esperanza is a three-part video series that explores the journey of mental wellness in Hispanic/Latinx communities through dialogue, storytelling and a guided discussion on the following topics:*

- *Youth and Mental Wellness: “Sanando Juntos”/“Healing Together”*
- *Community Leaders and Mental Wellness: “Las Raíces de Nuestra Sanación”/“The Roots of Our Healing”*
- *Latinx Families and Mental Wellness: “La Mesa”/“The Table”*

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#### [American Society of Hispanic Psychiatry](#)

*Promotes the research, education, advocacy and support for those in the Hispanic community. Offers a “Find a Physician” feature on their website.*

#### [Therapy for Latinx](#)

*A database of therapists who either identify as Latinx or has worked closely with and understands the unique needs of the Latinx community. The website is also offered in Spanish.*

#### [Mental Health America’s Resources for Latinx/Hispanic Communities](#)

*General mental health Spanish-speaking resources, including a list of Spanish-language materials and Spanish-language screening tools.*

#### [Psychology Today](#)

*A directory of Hispanic/Latinx therapists.*

## Resources for the LGBTQI2+ Communities

#### [CenterLink LGBT Community Center Member Directory](#)

#### [The American Psychological Association \(APA\)](#)

*Provides educational and support resources on a range of LGBTQ topics.*

#### [The Association of Gay and Lesbian Psychiatrists](#)

*Offers many resources for LGBT individuals experiencing mental health conditions and psychiatric professionals with LGBT clients.*

#### [The Gay and Lesbian Medical Association’s Provider Directory](#)

*A search tool that can locate a LGBTQ-inclusive health care provider.*

#### [The LGBT National Help Center](#)

*Offers confidential peer support connections for LGBT youth, adults and seniors, including phone, text and online chat.*

#### [The National Center for Transgender Equality](#)

*Offers resources for transgender individuals, including information on the right to access health care.*

#### [The Trevor Project](#)

*A support network for LGBTQ youth providing crisis intervention and suicide prevention, including a 24-hour text line (text “START” to 678678).*

#### [SAGE National LGBT Elder Hotline](#)

[Society for Sexual, Affectional, Intersex, and Gender Expansive Identities \(SAIGE\)](#)

*Delivers educational and support resources for LGBTQ individuals, as well as promotes competency on LGBTQ issues for counseling professionals.*

[Trans Lifeline](#)

## Resources for Disabled Communities

These are not from NAMI

[Deaf Counseling Center](#)

Deaf Counselors who specialize in working with Deaf patients.

[Neurodivergent Therapists](#)

[Therapists with Physical Disabilities](#)

[Therapists with Disability or Living with Chronic Pain/Illness](#)

[Why We Need Therapists with Disabilities](#)

*This article discusses the importance of promoting mental health providers who have disabilities for an inclusive behavioral health experience.*