

BIPOC & LGBTQ+

Black Emotional and Mental Health

An organization dedicated to removing the barriers that prevent Black Americans from mental health treatment.

Black Mental Wellness

Provides access to evidence-based information and resources about mental and behavioral health topics from a Black perspective.

Black Men Heal

Provides access to mental health treatment, psychoeducation, and community resources to men of color.

Therapy for Black Men

A directory to help men of color find a therapist.

Black Women's Health Imperative

A nonprofit organization created by Black women to help protect and advance the health and wellness of Black women and girls.

Sista Afya Community Mental Wellness

Is a social enterprise that provides low-cost mental wellness services that center the experiences of Black women.

Therapy for Black Girls

A community dedicated to the wellness of Black women with a directory of Black therapists.

The Loveland Foundation

Therapy funding available for Black women and girls.

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NAAPIMHA

A collection of training, resources, and blogs dedicated to promoting the mental health and well-being of the Asian American and Pacific Islander communities.

Asian Mental Health Collective

A directory of APISAA therapists.

AAPA

Advances the mental health and well-being of Asian American communities through research, professional practice, education, and policy.

SAMHIN

Is a non-profit that addresses the mental health needs of the South Asian community in the U.S.

American Society of Hispanic Psychiatry

Works to foster collaborations in mental health treatment with a specific focus on LatinX populations.

Latinx/Hispanic Communities and Mental Health

Spanish speaking resources for general mental health.

Latinx Therapy

A Latinx therapist directory, podcasts, wellness resources, and training with the mission to destigmatize mental health in the Latinx community.

Inclusive Therapists

A directory of therapists specialized in working with the intersection of sexual, gender, and ethnic minorities.

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National Queer & Trans Therapists of Color Network

A directory with an interactive digital map that helps QTPOC locate QTPOC mental health practitioners across the country.

The Steve Fund

Dedicated to the mental health and emotional well-being of students of color with special resources, programs, and services for coping with COVID-19.

ICCTC

A SAMHSA-funded program established to develop training, technical assistance, program development and resources on trauma-informed care to tribal communities.

Indian Health Service

Website includes FAQ for patients and a section on Behavior Health services in the AI/AN health care services.

Circles of Care

Develops culturally appropriate interventions to serve youth with serious behavioral health challenges.

One Sky Center

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

It Gets Better Project

View a stream of inspiring stories shared by members of the LGBTQ+ community and find youth support services near you.

LGBTQ+ National Help Center

888-843-4564

Provides peer-counseling and local resources.

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Trans Lifeline

1-877-565-8860

Hotline staffed by transgender volunteers ready to respond.

The Trevor Project

LGBTQ Crisis/Suicide Hotline

866-488-7386

Text START to 678-678

LGBT National Youth Talkline

800-246-7743

Free and confidential peer support for LGBTQ and questioning youth (under 26).

Pride Counseling

Offers online therapy to members of the LGBTQ+ communities.

Gay, Lesbian & Straight Education Network (GLSEN)

Is an organization that is designed to help students take action and initiate changes in their schools and communities.

The National Center for Transgender Equality

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

GLAAD

Provides resources for LGBTQ+ individuals, educates, and celebrates the LGBTQ+ community.

PFLAG

Organization devoted to helping parents, families, and allies support LGBTQ+ people

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