

Last Update: October 13th, 2020 at 11:37 AM PST

By: Janette Valenzo (IG: @janettevalenzo)

Note: Instagrams I could find can be found on my IG highlight titled with the GREEN heart.

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National Crisis Hotlines Link:

<https://www.instagram.com/p/CCTnqyxgEbC/>

NATIONAL CRISIS HOTLINES

(in alphabetical order)

211

Available 24/7 in the USA and Canada by dialing 211
Information and referrals to community and social services
in multiple languages
www.211.org

CHILDHELP NATIONAL CHILD ABUSE

Available 24/7
USA and Canada: 1-800-422-4453
Text the same number
Online chat available as well
www.childhelp.org/childhelp-hotline

CRISIS TEXT LINE

Available 24/7 text service (text any word to begin)
USA: 741-741
Canada: 686-868
UK: 852-58
Ireland: 508-08
www.crisistextline.org

IMALIVE

Online chat helpline (check website for availability)
www.imalive.org/online

LGBT NATIONAL HELP CENTER

Monday - Friday 1 PM - 9 PM PST,
Saturday 9 AM - 2 PM PST
General (youth and adults): 1-888-843-4564
Youth (under 25): 1-800-246-7743
Seniors (50 and above): 1-888-234-7243
Email: help@LGBThotline.org
Online peer support chats and weekly youth chatrooms available as well (check website for changing hours)
www.glbthotline.org

NATIONAL ALLIANCE ON MENTAL ILLNESS

Monday - Friday 10 AM - 6 PM EST
USA: 1-800-950-6264
www.nami.org

NATIONAL ASSOCIATION OF ANOREXIA NERVOSA AND ASSOCIATED DISORDERS

Monday - Thursday 9 AM CST - 9 PM CST
Friday 9 AM - 5 PM CST
Sunday 5 PM - 9 PM CST

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USA: 1-630-577-1330

www.anad.org/our-services

NATIONAL DOMESTIC VIOLENCE / NATIONAL COALITION AGAINST DOMESTIC VIOLENCE

Available 24/7

USA: 1-800-799-7233

www.thehotline.org/help / www.ncadv.org/get-help

NATIONAL EATING DISORDERS CENTER

Monday - Thursday 11 AM - 9 PM EST,

Friday 11 AM - 5 PM EST

USA: 1-800-931-2237

Online chat available Monday - Thursday 9 AM - 9 PM EST, Friday 9 AM - 5 PM EST

nationaleatingdisorders.org/help-support/contact-helpline

NATIONAL HUMAN TRAFFICKING

Available 24/7

USA: 1-888-373-7888

Text 233-733

For deaf and hard of hearing: 711

www.humantraffickinghotline.org/national-hotline-overview

NATIONAL INSTITUTE OF MENTAL HEALTH

Monday - Friday 8:30 AM - 5 PM EST

USA: 1-866-615-6964

www.nimh.nih.gov/index.shtml

NATIONAL RUNAWAY SAFELINE

Available 24/7

USA: 1-800-786-2929

Online chat, forum, and email available as well

www.1800runaway.org

NATIONAL SEXUAL ASSAULT / RAINN (Rape, Abuse, Incest National Network)

Available 24/7

USA: 1-800-656-4673

Online chat and app available as well

www.rainn.org

NATIONAL SUICIDE PREVENTION LIFELINE

Available 24/7

USA: 1-800-273-8255

For deaf and hard of hearing: 1-800-799-4889

www.suicidepreventionlifeline.org

SAMARITANS

Available 24/7 suicide prevention helpline

USA: 1-877-870-4673

Text the same number

www.samaritanshope.org/our-services/247-crisis-services

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SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA)

Available 24/7 treatment referral and information service

in English y español

USA: 1-800-662-4357

www.samhsa.gov/find-help/national-helpline

SAMHSA DISASTER DISTRESS

Available 24/7 immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster

USA: 1-800-985-5990

Text TalkWithUs to 667-46

www.samhsa.gov/find-help/disaster-distress-helpline

TRANS LIFELINE

Available 24/7 peer support & crisis hotline for trans people in English y español

USA: 1-877-565-8860

Canada: 1-877-330-6366

www.translifeline.org/hotline

TREVOR PROJECT

Available 24/7 services for LGBTQ+ young people under 25

USA: 1-866-488-7366

Text START to 678-678

Online chat available as well

www.thetrevorproject.org/get-help-now

VETERANS CRISIS LINE

Operated 24/7 by the Department of Veteran Affairs

USA: 1-800-273-8255 and press 1

Text a message to 838-255

www.veteranscrisisline.net

YOUTHLINE

Peer-to-peer youth crisis and support service provided by Lines for Life. Answered by youth daily from 4 PM - 10 PM and by adults at all other times.

USA: 1-877-968-8491

Text TEEN2TEEN to 839-863

Email: Teen2Teen@LinesForLife.org

Online chat available as well

www.oregonyouthline.org

OUTSIDE OF THE USA

www.suicide.org/international-suicide-hotlines.html

Resources:

wp.sbcounty.gov/dbh

www.psychguides.com/guides/mental-health-hotline

www.contact-usa.org/chat.html

Additional hotlines can be found here:

www.psychcentral.com/lib/common-hotline-phone-numbers

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DISCLAIMER: This is a list of hotlines if you are in a crisis and are alternatives to calling 911. Some may dispatch local authorities to accompany their medical professionals, so please ask what their protocol is if you do not wish to involve the police. If you find yourself in a life-threatening medical situation, please head to your nearest emergency room and/or call 911.

Black Mental Health Orgs Link:

<https://www.instagram.com/p/CClpTnjg9Uz/>

BLACK MENTAL HEALTH ORGANIZATIONS

(in alphabetical order)

THE AAKOMA PROJECT, INC.

Helps diverse teenagers and their families achieve optimal mental health through dialogue, learning, and the understanding that everyone deserves care and support.

ALL WALKS OF LIFE

Black owned and operated mental and behavioral health facilities in Maryland.

ACADEMIC FOR BLACK SURVIVAL AND WELLNESS

An organization of Black counseling psychologists and their colleagues who practice Black allyship.

ASSOCIATION OF BLACK PSYCHOLOGISTS DIRECTORY

A listing of psychologists who are members of The Association of Black Psychologists and own and operate their own private practice business or are employed as therapists, and have elected to participate in this directory.

BLACK EMOTIONAL AND MENTAL HEALTH COLLECTIVE

A training, movement building, and grant making organization dedicated to the healing, wellness, and liberation of Black and marginalized communities.

BLACK FEMALE THERAPISTS

Directory to help women in their search for a Black or Brown therapist.

BLACK GIRLS CAN HEAL

Focuses on helping women of color discover their immense internal power, while eliminating all that is holding them back. Highlights other Black and Brown healing organizations as well.

BLACK GIRLS SMILE INC.

Promotes positive mental health for young African American girls.

BLACK MEN HEAL

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

BLACK MENTAL HEALTH ALLIANCE

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

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BLACK MENTAL HEALTH VISIBILITY

A social enterprise with a mission to provide representation, education and culturally competent support to Black youth in the community.

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 THERAPISTS ROCK

An organization dedicated to healing the wounds of racism and generational trauma; and includes an online therapists directory through Tru Circle.

BLACK WOMEN'S HEALTH IMPERATIVE

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

THE BORIS LAWRENCE HENSON FOUNDATION

Provides support for and brings awareness to mental health issues that plague the African American community.

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.

BROWN GIRL THERAPY

Has a list through Instagram bio link for mental health care professionals of color who are currently accepting new clients for teletherapy right now as people struggle with the pandemic.

DIVE IN WELL

Provides virtual wellness webinars that offer guided mindfulness practices from a diverse group of community leaders.

DR. EBONY'S MY THERAPY CARDS

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.

EBONY'S MENTAL HEALTH RESOURCES

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

ETHEL'S CLUB

The first social and wellness platform designed to celebrate people of color.

EUSTRESS

Raises awareness on the importance of mental health in underserved communities, allowing individuals to identify and overcome challenges to achieve a healthier and productive lifestyle.

FIND A MULTICULTURAL THERAPIST

Psychotherapy directory specializing in providing an opportunity for people from different cultural backgrounds to find a therapist who shares their cultural experience.

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THE FOUNDATION FOR BLACK WOMEN'S WELLNESS

A Wisconsin based non-profit organization committed to mobilizing African American women to pursue and sustain mind-body-spirit wellness, and to raise the visibility and support of Black women's health as a community and public health priority.

HEALING BLACK WOMEN

A safe space designed to encourage & promote all forms of wellness & health for Black women.

HENRY HEALTH

Provides culturally sensitive self-care support and teletherapy for Black men and their families.

I AM ENOUGH

Provides free professional mental health resources for Black communities.

INCLUSIVE THERAPISTS

Aims to make the process of seeking therapy simpler and safer for all people, especially marginalized populations.

INNOPSYCH

Connecting faster and easier for people of color to match with a therapist of color; and strives to make therapists of color more visible in the community.

LA CONEXTION

Co-creating sober spaces that prioritizes individual and collective healing for QTPOC with us, for us, by us.

LEE THOMPSON YOUNG FOUNDATION

Dedicated to erasing the stigma associated with mental illness, advancing holistic health treatments, and improving the young lives of all those impacted.

LGBTQ PSYCHOTHERAPISTS OF COLOR DIRECTORY

A San Francisco/Bay Area grassroots, volunteer-led group providing support, networking, leadership development, and community building opportunities for LGBTQs of Color in psychology, social work, and counseling.

THE LOVELAND FOUNDATION

Provides financial support for therapy for Black women and girls.

MELANATED SOCIAL WORK

Shares mental health resources, information, and discussions created and curated by four men of color in the social work field.

MELANIN AND MENTAL HEALTH

Connects individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities.

MY BROTHER'S KEEPER CARES

Strives to remain a consistent support network that people can relate to and rely on within the urban environment.

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NALGONA POSITIVITY PRIDE

Offers a free online peer support group for BIPOC with eating disorders on the last Wednesday of every month at 5 PM PST.

NATIONAL ORGANIZATION FOR PEOPLE OF COLOR AGAINST SUICIDE

Founded by suicide loss survivor, Dr. Donna Barnes, works to reduce the stigma of suicide prevention among communities of color through training and advocacy.

THE NATIONAL QUEER & TRANS THERAPISTS OF COLOR NETWORK

A healing justice organization committed to transforming mental health for queer and trans people of color (QTPoC).

THE OKRA PROJECT

A collective that seeks to address the global crisis faced by Black Trans people by bringing home cooked, healthy, and culturally specific meals and resources to Black Trans People. Created The Nina Pop and The Tony McDade Mental Health Recovery Fund for Black Trans People.

OMNOIRE

A social wellness community for Black women and women of color dedicated to living well.

OURSELVES BLACK

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

PROJECT HEAL

Breaks down barriers to eating disorder healing for those who the system fails.

PROJECT LETS

The Trauma Healing Fund provides grants for Black people to access therapy.

SERVED UP SOBER

A community that provides online sober support groups.

SISTA AFYA COMMUNITY MENTAL WELLNESS

Sustains the mental wellness of Black women through building community, sharing information, and connecting Black women to quality mental wellness services.

THE SIWE PROJECT

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

SOBER BLACK GIRLS CLUB

A community that provides resources and support to Black girls considering a sober life.

THE STEVE FUND

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

THERAPY FOR BLACK GIRLS

An online space dedicated to encouraging the mental wellness of Black women and girls.

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THERAPY FOR BLACK MEN

Directory to help men of color in their search for a therapist.

THERAPY FOR QUEER PEOPLE OF COLOR

Increases access to quality and inclusive mental healthcare for queer and trans folx of color through empowerment and education.

TRANSPARENT BLACK GIRL

A wellness collective shattering unconventional stigmas surrounding what it means to be well for Black women.

THE TUPAC AMARU SHAKUR FOUNDATION

Addresses mental health conditions and eradicates the effects of trauma on the Black community by providing access to therapeutic resources, creative arts, and education designed to support mental health, physical wellness, and overall development.

UNAPOLOGETICALLY US

Online community for Black women to seek support.

Resources:

American Foundation for Suicide Prevention
@afspnational

Doctor Imani
@doctor.imani

Holly Chishom
@justpeachycomic

Kari Faux
@karifaux

National Alliance on Mental Illness
@namicommunicate

Psych Hub
@psychhub_education

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Indigenous Mental Health Orgs Link:

<https://www.instagram.com/p/CC3qzyjAfzw/>

INDIGENOUS MENTAL HEALTH ORGANIZATIONS

(in alphabetical order)

THE AAKOMA PROJECT

Helps diverse teenagers and their families achieve optimal mental health through dialogue, learning, and the understanding that everyone deserves care and support.

ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

A non-profit Tribal health organization designed to meet the unique health needs of Alaska Native and American Indian people living in Alaska. Also collaborated on a resource website called, "Health Native Youth" for culturally relevant health education.

CENTER FOR AMERICAN INDIAN HEALTH

Partnering with Native American communities to improve health and well-being. Programs include "Family Spirit," which uses paraprofessionals from the community as home visitors and a culturally focused, strengths-based curriculum as a core strategy to support young families.

CENTERS FOR AMERICAN INDIAN AND ALASKA NATIVE HEALTH

Promotes the health and well-being of American Indians and Alaska Natives of all ages by pursuing research, training, continuing education, technical assistance, and information dissemination within a biopsychosocial framework that recognizes the unique cultural contexts of this special population.

DIVE IN WELL

Provides virtual wellness webinars that offer guided mindfulness practices from a diverse group of community leaders.

FIND A MULTICULTURAL THERAPIST

Psychotherapy directory specializing in providing an opportunity for people from different cultural backgrounds to find a therapist who shares their cultural experience.

HEALING OUR SPIRIT WORLDWIDE

An Indigenous movement that began in Canada in the 1980s to address the devastation of substance abuse and dependence among Indigenous people around the world.

HOZHO TOTAL WELLNESS

Helps Natives release stress and historical trauma through yoga to heal mind, body, and spirit.

INCLUSIVE THERAPISTS

Aims to make the process of seeking therapy simpler and safer for all people, especially marginalized populations.

INDIAN HEALTH SERVICE

An agency within the Department of Health and Human Services responsible for providing federal health services to American Indians and Alaska Natives.

INDIGENOUS CIRCLES OF WELLNESS

A group private practice located in Southeast Los Angeles providing quality mental wellness services

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grounded in holistic healing (mental, spiritual, emotional, and physical balance) through a culturally inclusive approach.

INDIGENOUS STORY STUDIO

Creates illustrations, posters, videos, and comic books on health and social issues for youth.

INDIGENOUS WELLNESS COLLECTIVE

Tongva Land (Los Angeles) based Indigenous wellness community workshops to support the body, heart, mind, and spirit.

LA CONEXTION

Co-creating sober spaces that prioritizes individual and collective healing for QTPOC with us, for us, by us.

LGBTQ PSYCHOTHERAPISTS OF COLOR DIRECTORY

A San Francisco/Bay Area grassroots, volunteer-led group providing support, networking, leadership development, and community building opportunities for LGBTQs of Color in psychology, social work, and counseling.

NALGONA POSITIVITY PRIDE

Offers a free online peer support group for BIPOC with eating disorders on the last Wednesday of every month at 5 PM PST.

NATIONAL CENTER FOR AMERICAN INDIAN AND ALASKA NATIVE MENTAL HEALTH RESEARCH

Sponsored by the National Institute of Mental Health and one of four minority mental health research centers focused specifically on American Indian and Alaska Native populations.

NATIONAL ORGANIZATION FOR PEOPLE OF COLOR AGAINST SUICIDE

Founded by suicide loss survivor, Dr. Donna Barnes, this organization works to reduce the stigma of suicide prevention among communities of color through training and advocacy.

THE NATIONAL QUEER & TRANS THERAPISTS OF COLOR NETWORK

A healing justice organization committed to transforming mental health for queer and trans people of color (QTPoC).

NATIVE AMERICAN HEALTH CENTER

A non-profit serving the CA Bay Area Native Population and other under-served populations in the area with resources and services for the urban Native community, including medical, dental, behavioral health, diabetes, obesity, substance abuse prevention, HIV/HCV care coordination and prevention.

NATIVE HEALTH OF PHOENIX

Mission is to provide holistic, patient-centered, culturally sensitive health and wellness services to all people.

NATIVE WELLNESS INSTITUTE

Exists to promote the well-being of Native people through programs and trainings that embrace the teachings and traditions of our ancestors.

NORTHWEST PORTLAND AREA INDIAN HEALTH BOARD

A non-profit Tribal advisory organization serving the 43 federally recognized tribes of Oregon, Washington, and Idaho; engaged in many areas of Indian health, including legislation, health promotion

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and disease prevention, as well as data surveillance and research, including, "Two Spirit and LGBTQ Health" for the LGBTQ community.

ONE SKY CENTER

The American Indian/Alaska Native National Resource Center for Health, Education, and Research; mission is to improve prevention and treatment of mental health and substance use problems and services among Native people.

PROJECT HEAL

Breaks down barriers to eating disorder healing for those who the system fails.

RESTORING ANCESTRAL WINDS

Great Basin Native Coalition educating Indigenous communities on issues around stalking, domestic, sexual, family, and dating violence. Also shares wellness organizations and feeds for Indigenous communities.

SEEDING SOVEREIGNTY

An Indigenous womxn-led collective that works on behalf of our global community to shift social and environmental paradigms by dismantling colonial institutions and replacing them with Indigenous practices created in synchronicity with the land.

THE STEVE FUND

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

WE R NATIVE

A comprehensive health resource for Native youth by Native youth, promoting holistic health and positive growth in local communities and nation at large.

WELL FOR CULTURE

A grassroots initiative which aims to reclaim and revitalize Indigenous health and wellness.

Please Note:

Some states may have a health center dedicated specifically to their surrounding Indigenous community.

Resources:

Mental Health America
@mentalhealthamerica

National Alliance on Mental Illness
@namicomunicate

Psych Hub
@psychhub_education

Restoring Ancestral Winds
@restoringancestralwinds

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Latinx Mental Health Orgs Link:

<https://www.instagram.com/p/CDJsWyzg-D5/>

LATINX MENTAL HEALTH ORGANIZATIONS

(in alphabetical order)

THE AAKOMA PROJECT

Helps diverse teenagers and their families achieve optimal mental health through dialogue, learning, and the understanding that everyone deserves care and support.

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.

AGUA Y SANGRE HEALING

Led by Michelle (she/they), offers nurturing and empowering care through herbal remedies, and community wellness.

AYANA THERAPY

Therapy app for BIPOC & LGBTQ+ communities. Shares diverse and intersectional mental health resources.

BROWN BADASS BONITA

A brand and movement set on empowering badass mujeres to give themselves wings through revolutionary self love.

BROWN GIRL THERAPY

Offers a list through Instagram bio link of mental health care professionals of color who are currently accepting new clients for teletherapy right now as people struggle with the pandemic.

CASA DE LA FAMILIA

Low-cost counseling, support services & awareness for victims of crime & trauma in Southern California.

DIVE IN WELL

Provides virtual wellness webinars that offer guided mindfulness practices from a diverse group of community leaders.

FIND A MULTICULTURAL THERAPIST

Psychotherapy directory specializing in providing an opportunity for people from different cultural backgrounds to find a therapist who shares their cultural experience.

THE FOCUS ON YOU

Self-care, mental health, and inspirational blog run by a Latina therapist.

INCLUSIVE THERAPISTS

Aims to make the process of seeking therapy simpler and safer for all people, especially marginalized populations.

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LA CONEXTION

Co-creating sober spaces that prioritizes individual and collective healing for QTPOC with us, for us, by us.

LA ESPIRISTA

Aims to create an environment of holistic space for those in the QTPOC community interested in recovery from any form of addiction, abuse, or dependence.

LATINX GRIEF

Supports grief in the Latinx community and holds space for all losses. Education and information only.

THE LATINX MENTAL HEALTH PODCAST

Increases dialogue and representation about mental health in the Latinx community through podcast episodes and engagement on social media platforms.

LATINX THERAPISTS ACTION NETWORK

A network of Latinx mental health practitioners who support the self determination and dignity of migrant communities.

LATINX THERAPY

Demystifies mental health stigmas in the Latinx community. Offers matching services for those seeking therapists.

LGBTQ PSYCOTHERAPISTS OF COLOR DIRECTORY

A San Francisco/Bay Area grassroots, volunteer-led group providing support, networking, leadership development, and community building opportunities for LGBTQs of Color in psychology, social work, and counseling.

MANA

Empowers Latinas through leadership development, community service, and advocacy.

MELANIN AND MENTAL HEALTH

Connects individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities.

THE MINORITY PSYCH REPORT

Educates and destigmatizes minority communities on topics on mental health and homelessness.

MUJERES DE MAÍZ

Indigenous WOC Holistic ARTivist SistarHood creating in East LA/Tongva Territory since 1997.

NALGONA POSITIVITY PRIDE

Offers a free online peer support group for BIPOC with eating disorders on the last Wednesday of every month at 5 PM PST.

NATIONAL ALLIANCE FOR HISPANIC HEALTH

Incorporated in Los Angeles as the Coalition of Spanish Speaking Mental Health Organizations. Works to ensure that health incorporates the best of science, culture, and community.

NATIONAL LATINX PSYCHOLOGICAL ASSOCIATION

A national organization of mental health professionals, academics, researchers, and students whose

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objective is to generate and advance psychological knowledge and foster its effective application for the benefit of the Latinx population.

NATIONAL ORGANIZATION FOR PEOPLE OF COLOR AGAINST SUICIDE

Founded by suicide loss survivor, Dr. Donna Barnes, works to reduce the stigma of suicide prevention among communities of color through training and advocacy.

THE NATIONAL QUEER & TRANS THERAPISTS OF COLOR NETWORK

A healing justice organization committed to transforming mental health for queer and trans people of color (QTPoC).

OMNOIRE

A social wellness community for Black women and women of color dedicated to living well.

OPEN PATH COLLECTIVE

Offers lower-free therapy across the country for those who need it.

PROJECT HEAL

Breaks down barriers to eating disorder healing for those who the system fails.

SAD GIRLS CLUB

WOC driven. Creating community in mental health for GenZ & millennials since 2017.

SALUD MENTAL HEALTH

Information on Latinx mental health. Also created "Latinx Suicide Prevention," a space for suicide prevention information for Latinx folx.

SERVED UP SOBER

A community that provides online sober support groups.

THE STEVE FUND

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

THERAPY FOR LATINX

National mental health resource for the Latinx community; provides resources for Latinx community to heal, thrive, and become advocates for their own mental health.

THERAPY IN COLOR

An online directory connecting people of color with therapists of color.

UNITED WE DREAM

Designed "UndocuHealth Initiative" to alleviate not only the stress and anxiety of folx across the nation and keep our families secure, but also to give the reader tools that will allow them to conduct safe zone events and incorporate stress reducing activities within their community work and daily lives.

WEALLGROW LATINA

An online platform that elevates Latina voices and stories.

Note / Nota:

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If you need any of this information in Spanish, I will translate as soon as possible.

Si necesitan esta información en español, lo traduciré lo mas pronto posible.

Resources:

Ayana Therapy
@ayana_therapy

Max Aravis Tang
@maxgetscurious

Mental Health America
@mentalhealthamerica

National Alliance on Mental Illness
@namicomunicate

Not A Cult
@notacult.media

Psych Hub
@psychhub_education

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API Mental Health Orgs Link:

<https://www.instagram.com/p/CDbt6nKg9r1/>

ASIAN & PACIFIC ISLANDER MENTAL HEALTH ORGANIZATIONS

(in alphabetical order)

THE AAKOMA PROJECT

Helps diverse teenagers and their families achieve optimal mental health through dialogue, learning, and the understanding that everyone deserves care and support.

ASIAN AMERICAN HEALTH INITIATIVE

Part of the Montgomery County Department of Health & Human Services, but they have a lot of general Asian American resources.

ASIAN AMERICAN MENTAL HEALTH

Provides information and resources on mental health issues.

ASIAN AMERICAN PSYCHOLOGICAL ASSOCIATION

Dedicated to advancing the mental health and well-being 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.

ASIAN & PACIFIC ISLANDER MENTAL HEALTH EMPOWERMENT CONFERENCE

Purpose is to increase awareness of mental health concerns and to promote improvement of mental health services for API communities.

ASIAN COUNSELING AND REFERRAL SERVICE

Offers an array of human services & behavioral health programs to Asian and Pacific Islander Americans.

ASIAN HEALTH SERVICES

Health center that serves 29,000 patients/year in English & 14 different languages.

ASIAN MENTAL HEALTH

Mental health education for Asians & allies. Offers an Asian therapist directory.

ASIAN MENTAL HEALTH COLLECTIVE

Raises awareness about the importance of mental health care, promotes emotional well-being, and challenges the stigma concerning mental illness amongst Asian communities globally.

ASIAN MENTAL HEALTH PROJECT

Provides educational resources that push for more accessible mental healthcare.

ASIAN MENTAL WELLNESS PODCAST

A podcast addressing the unique mental health needs and challenges of the Asian community. Hosted by Elvina Lui, California Licensed Marriage and Family Therapist.

ASIAN PACIFIC COUNSELING & TREATMENT CENTERS

Mission is to meet the unique needs of Asian Pacific Islander immigrants and refugees in need of mental health services.

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ASIAN PACIFIC ISLANDER MH

Builds a space for API's by API's to redefine the mental health conversation.

ASIANS DO THERAPY

Normalizes therapy in Asian communities. Hosts a podcast about conversations with Asians on both sides of the couch.

ASIANS FOR MENTAL HEALTH

Directory of Asian Pacific Islander Desi American therapists.

BROWN GIRL THERAPY

Offers a list through Instagram bio link of mental health care professionals of color who are currently accepting new clients for teletherapy right now as people struggle with the pandemic.

CURLY THERAPIST

Inclusive mental health awareness on social justice and racial trauma by Sana I. Powell, M.A., LPC.

DECOLONIZE OUR HEALING

Mental health awareness for POC by POC. Decolonizing as an act of resistance and healing.

DIVE IN WELL

Provides virtual wellness webinars that offer guided mindfulness practices from a diverse group of community leaders.

ERASING SHAME

Online show with 4 seasons of honest talk for healthy living and a special series on mental health.

FIND A MULTICULTURAL THERAPIST

Psychotherapy directory specializing in providing an opportunity for people from different cultural backgrounds to find a therapist who shares their cultural experience.

HEALING OUT LAO'D

A practice space exploring Lao diaspora storytelling, healing, and tools for sustainability.

THE HUME CENTER

A Bay Area center providing the South Asian community health promotion services, like working with South Asians ranging from kids to immigrants to refugees and helping connect them to resources. Also provides therapy and preventative services.

INCLUSIVE THERAPISTS

Aims to make the process of seeking therapy simpler and safer for all people, especially marginalized populations.

LGBTQ PSYCHOTHERAPISTS OF COLOR DIRECTORY

Provides support, networking, leadership development, and community building opportunities for LGBTQs of Color in psychology, social work, and counseling.

MANNMUKTI

A mental health resource for South Asians that focuses on sharing stories to raise awareness.

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MUSLIMS THRIVE

Nonprofit organization that supports the empowerment of communities to transform by promoting mental wellness through conversation.

NALGONA POSITIVITY PRIDE

Offers a free online peer support group for BIPOC with eating disorders on the last Wednesday of every month at 5 PM PST.

NATIONAL ASIAN AMERICAN PACIFIC ISLANDER MENTAL HEALTH ASSOCIATION

Mission is to promote the mental health and well-being of Asian Americans, Native Hawaiians, and Pacific Islanders.

NATIONAL ASIAN WOMEN'S HEALTH ORGANIZATION

Dedicated to providing resources for Asian women on how to live a healthy lifestyle.

NATIONAL ORGANIZATION FOR PEOPLE OF COLOR AGAINST SUICIDE

Founded by suicide loss survivor, Dr. Donna Barnes, works to reduce the stigma of suicide prevention among communities of color through training and advocacy.

THE NATIONAL QUEER & TRANS THERAPISTS OF COLOR NETWORK

A healing justice organization committed to transforming mental health for queer and trans people of color (QTPoC).

OMNOIRE

A social wellness community for Black women and women of color dedicated to living well.

PROJECT HEAL

Breaks down barriers to eating disorder healing for those who the system fails.

SERVED UP SOBER

A community that provides online sober support groups.

SOUTHASIAN THERAPISTS.ORG

Directory of South Asian therapists, including therapists of Indian, Pakistani, Bangladeshi, Sri Lankan, Afghani, and Nepali heritage.

SOUTH ASIAN MENTAL HEALTH ALLIANCE

A movement for mental health & addiction support, education, & activism.

SOUTH ASIAN MENTAL HEALTH INITIATIVE & NETWORK

Non-profit that addresses the mental health needs of the South Asian community in the U.S.. Goal is to decrease the stigma and shame associated with mental illness and offer resources for people who seek help.

THE STEVE FUND

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

SUBTLE ASIAN MENTAL HEALTH

Bringing people together to destigmatize Asian mental health, one subtle step at a time.

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THERAPY FOR ASIANS

For healing, affirming, validating, and celebrating therapeutic pieces for all Asians/Asian Americans.

THE WELLNESS THERAPIST

Decolonizes wellness & mental health. Provides a form for free masks for those who cannot easily access one.

Resources:

Asians Do Therapy
@asiansdotherapy

Ayana Therapy
@ayana_therapy

Mental Health America
@mentalhealthamerica

Psych Hub
@psychhub_education

Unmask The Racism Campaign
@unmasktheracism

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LGBTQ+ Mental Health Orgs Link:

<https://www.instagram.com/p/CDtvhT7gFuP/>

LGBTQ+ MENTAL HEALTH ORGANIZATIONS

(in alphabetical order)

THE ALLIED MINDS CO.

Dedicated to the intersection of mental health and social justice.

AGUA Y SANGRE HEALING

Led by Michelle (she/they), offers nurturing and empowering care through herbal remedies, and community wellness.

THE ASSOCIATION OF GAY AND LESBIAN PSYCHIATRISTS

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

AYANA THERAPY

Therapy app for BIPOC & LGBTQ+ communities. Shares diverse and intersectional mental health resources.

BLACK TRANS FEMMES IN THE ARTS

A collective of Black trans femmes dedicated to creating space in the arts and beyond.

BORN THIS WAY FOUNDATION

Works toward a future that supports the wellness of young people through an evidence-based approach that is fiercely kind, compassionate, accepting, and inclusive.

DIVE IN WELL

Provides virtual wellness webinars that offer guided mindfulness practices from a diverse group of community leaders.

FIND A MULTICULTURAL THERAPIST

Psychotherapy directory specializing in providing an opportunity for people from different cultural backgrounds to find a therapist who shares their cultural experience.

FOR THE GWORLS

A fiscally sponsored project of Arts Business Collaborative that raises money to assist with Black trans people's rent and/or affirmative surgeries.

THE GAY AND LESBIAN MEDICAL ASSOCIATION

A national organization committed to ensuring health equity for LGBTQ and all sexual and gender minority (SGM) individuals, and equality for LGBTQ/SGM health professionals in their work and learning environments. Has a search tool that can locate a LGBTQ-inclusive health care provider.

GAY, LESBIAN, AND STRAIGHT EDUCATION NETWORK

A national network of educators, students, and local chapters working to give students a safe, supportive, and LGBTQ+ inclusive education.

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GAYS AND LESBIANS LIVING IN A TRANSGENDER SOCIETY

A grassroots organization dedicated to supporting the LGBTQIA+ community on a global scale.

GLAAD

Tackles tough issues to shape the narrative and provoke dialogue that leads to cultural change.

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.

INCLUSIVE THERAPISTS

Aims to make the process of seeking therapy simpler and safer for all people, especially marginalized populations.

THE JED FOUNDATION

A nonprofit that protects emotional health and prevents suicide for our nation's teens and young adults.

LA CONEXTION

Co-creating sober spaces that prioritizes individual and collective healing for QTPOC with us, for us, by us.

LA ESPIRISTA

Aims to create an environment of holistic space for those in the QTPOC community interested in recovery from any form of addiction, abuse, or dependence.

LGBT NATIONAL HELP CENTER

Serving the LGBTQ+ community by providing free & confidential peer-support and local resources.

LGBTQ PSYCHOTHERAPISTS OF COLOR DIRECTORY

Provides support, networking, leadership development, and community building opportunities for LGBTQs of Color in psychology, social work, and counseling.

LOS ANGELES LGBT CENTER

Works towards a world where LGBT people thrive as healthy, equal, and complete members of society.

NALGONA POSITIVITY PRIDE

Offers a free online peer support group for BIPOC with eating disorders on the last Wednesday of every month at 5 PM PST.

THE NATIONAL CENTER FOR TRANSGENDER EQUALITY

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

NATIONAL LGBTQIA+ HEALTH EDUCATION CENTER

Provides educational programs, resources, and consultation to health care organizations with the goal of optimizing quality, cost-effective health care for LGBTQIA+ people.

THE NATIONAL QUEER & TRANS THERAPISTS OF COLOR NETWORK

A healing justice organization committed to transforming mental health for queer and trans people of color (QTPoC).

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NORTHWEST PORTLAND AREA INDIAN HEALTH BOARD

A non-profit Tribal advisory organization serving the 43 federally recognized tribes of OR, WA, and ID; launched, "Two Spirit and LGBTQ Health" for the LGBTQ community that follows 3 Indigenous members of the Two Spirit and LGBTQ community as they journey toward self-acceptance, supportive healthcare, and communities that celebrate them.

THE OKRA PROJECT

A collective that seeks to address the global crisis faced by Black Trans people by bringing home cooked, healthy, and culturally specific meals and resources to Black Trans People. Created The Nina Pop and The Tony McDade Mental Health Recovery Fund for Black Trans People.

OPEN PATH COLLECTIVE

Offers lower-free therapy across the country for those who need it.

OUTCARE HEALTH

A non-profit with the purpose of providing extensive information and education on LGBTQ healthcare.

PFLAG

The first and largest organization for LGBTQ+ people, their parents and families, and allies.

THE Q CENTER

Portland's LGBTQ2SIA+ Community Center.

THE QUEER COUNSELOR

An online radical mental health resource supervised by Hilary Kinavey, LPC.

REST FOR RESISTANCE

Uplifts & creates original writing & art by QTPOC. Provides emotional support resources for LGBTQ2SIA+ and BIPOC communities through Instagram bio link.

SAGE

The world's largest and oldest organization dedicated to improving the lives of LGBT older adults.

SAIGE COUNSELING

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

SHIFT+

Initiative created by Seeding Sovereignty to uplift the voices of LGBTQIA+ and Two-Spirit folx that are changing policies and inciting Indigenous political engagement.

TRANS LIFELINE

Available 24/7 peer support & crisis hotline for trans people in English y español. Call 1-877-565-8860.

THE TREVOR PROJECT

A support network for LGBTQ youth under 25 providing crisis intervention and suicide prevention, including a 24-hour text line (Text "START" to 678678).

WOVE THERAPY

Therapists in NYC who specialize in compassionate, intersectional care for all.

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Resources:

Ana G. Lopez

@ana.glopez

Mental Health America

@mentalhealthamerica

The Mental Health Coalition

@mentalhealthcoalition

National Alliance on Mental Illness

@namicomunicate

Redefining Our Womanhood

@redefiningour

The Winters Group, Inc.

@thewintersgroup