

BIPOC Mental Health Awareness Month

July is BIPOC (Black, Indigenous, People of Color) Mental Health Awareness Month, formally known as the Bebe Moore Campbell National Minority Mental Health Awareness Month.

BIPOC experience unique generational trauma from racial oppression, leading to specific mental health needs. Research shows that racism is associated with poor mental health and its lasting physical effects. BIPOC also disproportionately experience disability resulting from mental disorders.

However, there are several barriers preventing BIPOC to receive adequate mental health care including cultural and language differences, socioeconomic disparities, stigma, immigration status, and providers' cultural incompetency or bias.

It's important that individuals are directed to available resources to engage in healing, self-care, community care, and proper coping with mental illness.

The following is a list of resources we have found to be helpful to start your mental health journey either independently or along with your community. This list is not intended to be definitive. What resources do you recommend? Let us know at OREILetterbox@mass.gov.

RESOURCES:

African Diaspora

Self-Directed Care

[Therapy for Black Girls](#)

[Therapy for Black Men](#)

[Ashmont Counseling](#)

[Black Men Heal](#)

[Innopysch](#)

[Call Blackline](#)

[African Diaspora Mental Health Association](#)

Community Care

[BEAM](#)

[Black Mental Health Alliance](#)

[Brown Girl Self-Care Co](#)

[Rest for Resistance](#)

[African Diaspora Mental Health Association](#)

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Mass
DMH
Department of
Mental Health

Latinx Community

Self-Directed Care

[Gándara Center](#)
[Melanin & Mental Health](#)
[Latinx Therapy](#)
[American Society of Hispanic Psychiatry](#)
[Therapy for Latinx](#)
[Latino Counseling Center](#)

Community Care

[Gándara Center](#)
[Melanin & Mental Health](#)
[Casa Esperanza](#)
[Latino Counseling Center](#)
[National Latino Behavioral Health Association](#)

Asian American and Pacific Islander Community

Self-Directed Care

[Saheli Boston](#)
[MannMukti](#)
[My Mantra LLC](#)
[Asian Mental Health Collective](#)
[Asian Mental Health Project](#)
[National Asian American Pacific Islander Mental Health Association](#)

Community Care

[MannMukti](#)
[Saheli Boston](#)
[Asian American Psychology Association](#)
[Asian Mental Health Collective](#)

Native and Indigenous Community

Self-Directed Care

[One Sky Center](#)
[WeRNative](#)
[Native American LifeLines](#)
[Indigenous Story Studio](#)
[Center For American Indian Health](#)

Community Care

[Native Hope](#)
[Circles of Care](#)

Culturally-Based Care

[One Sky Center](#)
[Circles of Care](#)