

This message of #WeeklyWisdom is brought to you by Alcohol & Drug Council, a proud partner of the Community Coalition for Healthy Youth. This message will focus on BIPOC Mental Health Month and resources for members of these communities.

July is Blacks, Indigenous People, and People of Color (BIPOC) Mental Health Month. This designation was created to bring awareness to the unique struggles that underrepresented groups face regarding mental illness in the United States. Experiencing discrimination and racism can have significant negative impacts on mental health and wellbeing. However, the mental health of those identifying as BIPOC is often neglected or minimized. 17% (6.8 million) of Blacks/African Americans in the US struggle with mental illness. Of Latinx/Hispanic Americans, 15% (8.9 million) report mental illness struggles. 13% (2.2 million) of Asian Americans and 23% (830,000) of Native Americans/Alaskan Natives also report having a mental illness. 25% of people who identify as being two or more races reported mental illness.

It is crucial that the mental health of BIPOC individuals is recognized, prioritized, and supported, beyond simply recognizing this month designated for that purpose. See below for a list of resources that may be beneficial to members of these communities. Please share this information wide and far so that it may reach anyone who needs it.

Mental Health Resources for 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, & liberation of Black communities. www.beam.community/
- **The Boris Lawrence Henson Foundation:** changing 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 & building trust between Black people and the mental health field. www.borislhensonfoundation.org/
- **Therapy for Black Girls:** online space encouraging the mental wellness of Black women and girls, with referral tool to find a therapist in your area. www.providers.therapyforblackgirls.com/
- **The Loveland Foundation:** financial assistance to Black women & girls seeking therapy. www.thelovelandfoundation.org/
- **Therapy for Black Men:** therapist directory & resources for Black men seeking therapy. www.therapyforblackmen.org/find-a-therapist/
- **Dr. Ebony's My Therapy Cards:** self-exploration card deck created with the intention of helping other women of color grow and elevate in the areas of emotional and mental health. www.mytherapycards.com/?r_done=1

Mental Health Resources for Latinx/Hispanic Communities

- **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. www.therapyforlatinx.com/
- **Latinx Therapy:** breaking the stigma of mental health related to the Latinx community; learn self-help techniques, how to support self & others. www.latinxtherapy.com/
- **The Focus on You:** self-care, mental health, and inspirational blog run by a Latina therapist. www.thefocusonyou.com/

Mental Health Resources for Asian American & Pacific Islander Communities

- **Asian American Psychological Association (AAPA):** dedicated to advancing the mental health and wellbeing of Asian American communities through research, professional practice, education, and policy. www.aapaonline.org/
- **Asian & Pacific Islander American Health Forum:** focused on improving the health of Asian Americans, Native Hawaiians, and Pacific Islanders. www.apiahf.org/
- **National Asian American Pacific Islander Mental Health Association.** www.naapimha.org/
- **SouthAsianTherapists.org:** directory of South Asian therapists, including therapists of Indian, Pakistani, Bangladeshi, Sri Lankan, Afghanistani and Nepali heritage. www.southasiantherapists.org/
- **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. www.asianmhc.org/

Mental Health Resources for Native and Indigenous Communities

- **Indigenous Story Studio:** creates illustrations, posters, videos, and comic books on health and social issues for youth (Canada-based) www.istorystudio.com/
- **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. www.oneskycenter.org/
- **WeRNative:** a comprehensive health resource for Native youth by Native youth, promoting holistic health and positive growth in local communities and nation at large. www.wernative.org/
- **StrongHearts Native Helpline:** The StrongHearts Native Helpline (1-844-762-8483) is a confidential and anonymous culturally-appropriate domestic violence and dating violence helpline for Native Americans, available every day from 7 a.m. to 10 p.m. CT. www.strongheartshelpline.org/

Take care and be well. We are all in this together.



Our Community Partners: Alcohol & Drug Council of Tompkins County, Tompkins County Youth Services, TST BOCES Youth Development Program, Tompkins County Health Department, The Advocacy Center, Cooperative Extension– Tompkins County, Catholic Charities– Tompkins/Tioga