

# MENTAL HEALTH RESOURCES

There are a variety of mental health resources but we have provided a few examples here. Please note: The resources included here are not endorsed by *All of Us*, and *All of Us* is not responsible for the content of or service provided by any of these resources.

## MENTAL HEALTH RESOURCES FOR BLACK, INDIGENOUS AND PEOPLE OF COLOR (BIPOC)

In this guide:

Local Resources Mental Health Provider Directories

Online Support Groups Self-Guided Virtual Resources

Further Resources for Clinicians

<https://www.massgeneral.org/psychiatry/guide-to-mental-health-resources/for-bipoc-mental-health>

## BLACK MEN HEAL

Limited and selective free mental health service opportunities for Black men. <https://blackmenheal.org/>

## BLACK MENTAL HEALTH ALLIANCE

Provides information and resources and a “Find a Therapist” locator to connect with a culturally competent mental health professional. <http://www.blackmentalhealth.com/>

## 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. <https://www.blackmentalwellness.com/>

## BLACK WOMEN’S HEALTH IMPERATIVE

Organization advancing health equity and social justice for Black women through policy, advocacy, education, research and leadership development. <https://bwhi.org/>

## BORIS LAWRENCE HENSON FOUNDATION

The Boris Lawrence Henson Foundation’s vision is to eradicate the stigma around mental health issues in the African-American community. <https://borislhensonfoundation.org/>

## 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. <https://www.beam.community/>

## EBONY'S MENTAL HEALTH RESOURCES BY STATE

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

<http://www.ebony.com/life/black-mental-health-resources/>

## HENRY HEALTH

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 Henry Health is available in their state.

<https://www.henry-health.com/>

## 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.

<https://www.melaninandmentalhealth.com/about-us/>

## SISTA AFYA

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

<https://www.sistaafya.com/>

## OURSELVES BLACK

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

<http://www.ourselvesblack.com/>

## THERAPY FOR BLACK GIRLS

Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls.

<http://www.therapyforblackgirls.com>

## THE SIWE PROJECT

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

<http://thesiweproject.org>

## 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.

<https://www.nimhd.nih.gov/programs/edu-training/byomm/>

## **NAMI'S COMPARTIENDO ESPERANZA**

A 90-minute program to increase mental health awareness in Latino communities by sharing the presenters' journeys to recovery and exploring signs and symptoms of mental health conditions.

<https://www.nami.org/Get-Involved/What-Can-I-Do/Become-a-Leader-in-the-Mental-Health-Movement/Compartiendo-Esperanza-Speaking-with-Latinos-about>

## **MENTAL HEALTH AMERICA LATINX/HISPANIC COMMUNITIES AND MENTAL HEALTH**

MHA incorporates culturally competent strategies to ensure that it is effectively addressing the treatment and psychosocial needs of consumers and families with diverse values, beliefs, sexual orientations, and backgrounds that vary by race, ethnicity and/or language.

<https://www.mhanational.org/issues/latin-xhispanic-communities-and-mental-health>

## **MENTAL HEALTH AMERICA ASIAN AMERICAN/PACIFIC ISLANDER COMMUNITIES AND MENTAL HEALTH**

<https://www.mhanational.org/issues/asian-american-pacific-islander-communities-and-mental-health>

## **ADA- ANXIETY & DEPRESSION ASSOCIATION OF AMERICA LATINOS**

Common mental health disorders among Latinos are generalized anxiety disorder, major depression, posttraumatic stress disorder (PTSD) and alcoholism. While Latino communities display a similar susceptibility to mental illness as that of the general population, they experience health disparities that affect the way they receive mental health care, such as the access and quality of treatment.

<https://adaa.org/hispanic-latinos>

## **HISPANIC-LATINO MENTAL HEALTH (AMERICAN PSYCHIATRIC ASSOCIATION)**

Working with Latino/a and Hispanic Patients.

<https://www.psychiatry.org/psychiatrists/cultural-competency/education/best-practice-highlights/working-with-latino-patients>

## **NATIONAL LATINO BEHAVIORAL HEALTH ASSOCIATION**

The National Latino Behavioral Health Association (NLBHA) was established to fill a need for a unified national voice for Latino populations in the behavioral health arena and to bring attention to the great disparities that exist in areas of access, utilization, practice based research and adequately trained personnel.

<http://www.nlbha.org/>

## YO SOY ELLA

Yo Soy Ella Inc. is an organization dedicated to spiritually empower Latina and women of color to unlock their true potential.

<https://www.yosoyella.org/>

## MENTAL HEALTH SERVICES FOR LATINO YOUTH: BRIDGING CULTURE AND EVIDENCE

This report describes the mental health landscape for Latino youth, including risk factors, existing treatments, and the ongoing debate about strategies for treating Latino youth and how culturally appropriate programs should be evaluated.

<http://publications.unidosus.org/handle/123456789/1673>

## ADA- ANXIETY AND DEPRESSION ASSOCIATION OF AMERICA ASIAN-AMERICANS

It is important to find a provider who demonstrates cultural competence - which describes the ability of healthcare systems to provide care to patients with diverse values, beliefs and behaviors and taking into account their social, cultural and linguistic needs.

<https://adaa.org/asian-americans>

## THE STEVE FUND

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

<https://www.stevelfund.org/>

## NATIONAL ASIAN AMERICAN PACIFIC ISLANDER MENTAL HEALTH ASSOCIATION (NAAPIMHA)

NAAPIMHA's mission is to promote the mental health and well being of the Asian American and Pacific Islander communities.

<https://www.naapimha.org/>

## ASIAN AMERICAN PSYCHOLOGICAL ASSOCIATION (AAPA)

The Association advocated on behalf of Asian Americans as well as advancing Asian American psychology.

<https://aapaonline.org/>

## SOUTH ASIAN MENTAL HEALTH INITIATIVE & NETWORK

South Asian Mental Health Initiative and Network, SAMHIN, is a non-profit that addresses the mental health needs of the South Asian community in the U.S.

<https://samhin.org/>

## THE LOVELAND FOUNDATION

The Loveland Foundation brings opportunity and healing to communities of color, and especially to Black women and girls.

<https://thelovelandfoundation.org/>

## GUIDE TO MENTAL HEALTH RESOURCES FOR COVID-19

The MGH Department of Psychiatry has put together a curated set of resources with a particular emphasis on materials that will be of use to providers and those they serve.

<https://www.massgeneral.org/psychiatry/guide-to-mental-health-resources>

## MASSACHUSETTS PSYCHOLOGICAL ASSOCIATION

MPA's Disaster Resource Network (DRN) has compiled resources to help members of the public during the COVID-19 Outbreak.

<https://www.apa.org/about/apa/organizations/associations>

## AMERICAN PSYCHOLOGICAL ASSOCIATION

Finding local mental health resources during the COVID-19 crisis.

<https://www.apa.org/topics/covid-19/local-mental-health>

## WORLD HEALTH ORGANIZATION

Doing What Matters in Times of Stress: An Illustrated Guide is a stress management guide for coping with adversity.

[https://www.who.int/publications/i/item/9789240003927?gclid=CjwKCAjw26H3BRB2EiwAy32zheoJaysCul3bdMHF2AHeiRVbVT8pPkmBnZGQT46QGrSfok\\_hwW9e3xoChr0QAvD\\_BwE](https://www.who.int/publications/i/item/9789240003927?gclid=CjwKCAjw26H3BRB2EiwAy32zheoJaysCul3bdMHF2AHeiRVbVT8pPkmBnZGQT46QGrSfok_hwW9e3xoChr0QAvD_BwE)

## RETHINK MENTAL HEALTH

Rethink Mental Health Incorporated promotes mental health advocacy and education in an effort to eliminate the stigmatization of people suffering with mental illness, especially children and young adults.

<https://www.rethinkstigma.org/>

## OK2TALK

OK2TALK is a community where teens and young adults struggling with mental health conditions can find a safe place to talk about what they're experiencing by sharing their personal stories of recovery, tragedy, struggle or hope.

<https://ok2talk.org/>

## NAMI'S TEENS & YOUNG ADULTS

Whether you reach out to a parent, coach, teacher or religious leader, a trusted adult can help you figure out what's next. Mental health services and supports are available and the earlier you access them, the better.

<https://www.nami.org/Your-Journey/Teens-Young-Adults>

## NAMI

COVID-19 Resource and Information Guide.

<https://www.nami.org/Support-Education/NAMI-HelpLine/COVID-19-Information-and-Resources/COVID-19-Resource-and-Information-Guide>

## ONE SKY CENTER

To improve prevention and treatment of mental health and substance abuse problems and services among Native people.

<http://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.

<https://www.wernative.org/>

## THE CENTERS FOR AMERICAN INDIAN AND ALASKA NATIVE HEALTH

Our mission is to promote 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.

<https://coloradosph.cuanschutz.edu/research-and-practice/centers-programs/caianh>

## WINNEBAGO COUNSELING CENTER

WCC's mission is to provide outpatient services that enhance emotional health by strengthening the coping and nurturing capacity of Native American individuals, couples and families.

<https://www.ihs.gov/winnebago/services/mentalhealth/>

## TRIBAL HEALTH-REACHING OUT INVOLVES EVERYONE (THRIVE)

Project committed to reducing suicide rates among American Indians and Alaska Natives.

<http://www.npaihb.org/thrive/>

## THE CENTER FOR NATIVE AMERICAN YOUTH

iCommitted to improving the health, safety, and well-being of Native American youth, and in particular, to preventing youth suicide.

<https://www.cnay.org/>

## UNITED NATIONAL INDIAN TRIBAL YOUTH (UNITY) INC.

UNITY's Mission is to foster the spiritual, mental, physical, and social development of American Indian and Alaska Native youth and to help build a strong, unified, and self-reliant Native America through greater youth involvement.

<https://unityinc.org/>

## INDIAN HEALTH SERVICE THE FEDERAL HEALTH PROGRAM FOR AMERICAN INDIANS AND ALASKA NATIVES

Resources and Tool.

<https://www.ihs.gov/nativeyouth/resources/>

## INTRODUCING MENTAL HEALTH FOR ALL

A free online course for individuals, teams, and organizations seeking to learn science-based skills for navigating stressful situations.

This course was created to support all who are feeling the emotional strain of unprecedented and stressful situations. While the COVID-19 pandemic is the genesis for the course, the evidence-based concepts and skills that are illustrated here will promote the healthy emotional development of anyone who is struggling to cope with chronic stress.  
<https://lms.mghcme.org/PRIDE>

## LEARN MORE ABOUT THE ALL OF US RESEARCH PROGRAM

To learn about our enrollment sites visit:

[JoinAllofUs.org/NewEngland](https://JoinAllofUs.org/NewEngland)

Call or email us:

(617) 768-8300 | [allofus@partners.org](mailto:allofus@partners.org)  
(Mass General Brigham)

(617) 414-3300 | [allofus@bmc.org](mailto:allofus@bmc.org)  
(Boston Medical Center)

Download the navy app by visiting the Apple App Store or Google Play, or scanning the QR code:



- Open up the camera app on your smartphone.
- Hold the device's camera up to the QR code on the left.
- No need to hit the shutter button, your iOS device will automatically recognize the QR code and provide you with an on-screen notification.
- Tap the notification to be taken to the Apple AppStore or Google Play.

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