

Resources for the Black Community

- [BEAM \(Black Emotional and Mental Health\)](#)
 - Offers an online mental health services for the Black community and its mission is to remove the barriers that prevent Black people from receiving mental health care
- [Therapy for Black Men](#)
 - Provides judgement free multicultural competent therapy for Black men
- [Dear Black Women](#)
 - Affirmation movement and support network for Black women by Black women
 - Online and offline community with strong support network of Black women
- [Black Female Therapists](#)
 - Creates a safe space for Black women mental health and provides a list of Black female therapists
- [DRK Beauty](#)
 - Digital community specifically for women of color and provides FREE therapy services to women of color

Resources for Hispanic, Latinx, Latina, Latino Communities:

- [National Alliance for Hispanic Health](#)
 - Hub of health information for Latinx, Latin, and Hispanic communities
 - Resources have a helpline in English and Spanish to help with navigating the healthcare system
- [Latinx Therapists & Speakers](#)
 - Directory of mental health therapists available in English and Spanish
 - Also discusses mental health topics specifically targeting Latina/o/x communities
- [Therapy for Latinx](#)
 - Virtual directory to search for therapists for Latinx people

Resources for Asian American and Pacific Islander Community:

- [Asian American, Native Hawaiian, and Pacific Islander \(AANHPI\), SAMHSA](#)

- Provide information on resources for behavioral health issues that affect AANHPI population
- **The Asian Mental Health Project:**
 - Resources of dispelling stigma of mental health
- **Asian Mental Health Collective**
 - Information on mental health issues that affect Asian Americans with a directory of therapists

Resources for LGBTQIA+ People of Color

- **Inclusive Therapists:**
 - Focuses on the mental health needs of People of Color, those in the LGBTQIA+ communities and people with disabilities
 - Helps find a therapist in your area that celebrates your identity
- **LGBTQ Psychotherapists of Color**
 - Directory of therapists for the LGBTQIA+ communities (based in California)
 - Provides list of organizations that have online services