

BIPOC Resources National

Helplines and Hotlines



Text Home to 741-741



Mental Health Service Directories

Asian Mental Health Collective

www.asianmhc.org

Asian Mental Health Project

www.asianmentalhealthproject.com

Inclusive Therapists

www.inclusivetherapists.com

Latinx Therapy

www.latinxtherapy.com

Melanin & Mental Health

www.melaninandmentalhealth.com

National Queer & Trans Therapist of Color Network

www.nqttcn.com

Therapy for Black Girls

www.therapyforblackgirls.com

Therapy for Black Men

www.therapyforblackmen.com

Additional Resources

Black Emotional And Mental Health Collective

www.beam.community

Black Mental Health Alliance

www.blackmentalhealth.com

Indian Country Child Trauma Center

www.icctc.org

Strong Hearts Native Helpline
(Native American Domestic & Sexual Violence Hotline)

1-844-7NATIVE (762-8483)

We R Native (Indigenous Youth)

www.wernative.org

In any emergency situation please call 911 or visit your local emergency room.