



Society for Child and Family Policy and Practice
Division 37 of the American Psychological Association

Diverse Racial Ethnic and Multicultural Special Interest Group ([DREAM SIG](#))
Mental Health Resources for Children, Youth, and Families of Color compiled by APA
DIVISION 37's DREAM SIG. Special thanks to the SIG executive committee and their students.
Click [here](#) for more resources.

- [AAKOMA Project](#) – Advances the mental health needs of adolescents of color and their families, raising awareness about mental health stigmas, and facilitating conversations about mental illness. <https://aakomaproject.org/resources/>
- [Asians for Mental Health](#) –Destigmatizes mental health for Asian diaspora.
www.asiansformentalhealth.com
- [Action Alliance for Suicide Prevention](#) –
<http://actionallianceforsuicideprevention.org/resources>
- [American Foundation for Suicide Prevention \(AFSP\)](#) – <https://afsp.org/find-support/resources/>
- [American Society of Hispanic Psychiatry](#) - Works to foster multidisciplinary collaborations in mental health treatment with a specific focus on Latinx populations.
<https://www.americansocietyhispanicpsychiatry.com/find-a-physician/>
- [Animated Teen Narratives](#) –<https://walkinourshoes.org/#/our-stories>
- [BIPOC Therapist Directory for Maryland](#) – <https://blackmindscollaborative.wordpress.com/>
- [Black Emotional and Mental Health Collective \(BEAM\)](#) – Work to remove the barriers that Black people experience getting access to or staying connected with emotional health care and healing. <https://beam.community/about/>
- [Black Girl Smiles](#) – Provides a list of national organizations which serve to support and improve young black women’s mental well-being. <https://www.blackgirlssmile.org/resources>
- [Black Men Heal](#) – Provides access to mental health treatment, psychoeducation, and community resources to men of color. <https://blackmenheal.org/>
- [Black Mental Health Alliance](#) – The Black Mental Health Alliance website provides resources for the community. <https://blackmentalhealth.com/resources/>

- **Black Mental Wellness** – Offers access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective and decreases the mental health stigma in the Black community. <https://www.blackmentalwellness.com/about-us-1>
- **Child Mind Institute** – <https://childmind.org/article/helping-children-cope-frightening-news/>
- **Center for Native American Youth at the Aspen Institute** – Is a national organization that advocates for and promotes the mental well-being of Native American youth through community-driven solutions with an emphasis on preventing youth suicide. <https://www.cnay.org/resource-exchange/?city=&state=&type=&topic%5B%5D=109&for=>
- **Concerned Black Men of America** – An organization connecting children of color to mental health resources and role models. <http://cbmnational.org/our-chapters/>
- **Every Mind** – Mental health resources for Black and African American communities. <https://www.every-mind.org/black-and-african-american-mental-health-resources/>
- **Go Ask Alice** –Q and A site supported by a team of Columbia University health promotion professionals. <https://goaskalice.columbia.edu/>
- **Know The Signs: Suicide Prevention**— <https://www.suicideispreventable.org/>
- **Latinx Therapy** - Breaking the stigma of mental health related to the Latinx community; learn self-help techniques, how to support self & others. <https://latinxtherapy.com/>
- **Lee Thompson Young Foundation** – The organization has a youth mental health first aid program dedicated to adolescent mental health and substance use. <https://www.ltyfoundation.org/resources>
- **Life is Precious** – Is a suicide prevention program for Latinx girls that provides academic support, art therapies, and mental health and wellness activities. <https://www.comunilifelip.org/contact>
- **Loveland Foundation** - Provides collaborative opportunities and initiatives for healing and empowerment, such as therapy funds for Black women and girls. <https://thelovelandfoundation.org/loveland-therapy-fund/>
- **Mental Health America**— <https://www.mhanational.org/issues/black-and-african-american-communities-and-mental-health>
- **Melanated Social Work** – Built to decolonize mental health practices by shifting the dialogue around wellness and healing in communities of color. www.melanatedsocialwork.com

- **National Alliance on Mental Illness: African Americans** – <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Black-African-American>
- **NAMI Compartiendo Esperanza** – Learn more about mental wellness in the Latinx community. <https://www.nami.org/Support-Education/Mental-Health-Education/NAMI-Compartiendo-Esperanza-Mental-Wellness-in-the-Latinx-Community>
- **National Queer and Trans Therapists of Color Network** – Provides community resources for people of color. <https://nqttcn.com/en/community-resources/>
- **NAMI Sharing Hope** – Learn more about mental wellness in the Black community. <https://www.nami.org/Support-Education/Mental-Health-Education/NAMI-Sharing-Hope-Mental-Wellness-in-the-Black-Community>
- **National Alliance on Mental Illness** – Provides African American recovery & wellness resources. <https://namign.org/your-journey/diverse-communities/african-american-mental-health/african-american-recovery-wellness-resources/>
- **National Institute of Mental Health (NIMH)** – <https://www.nimh.nih.gov/health/topics/suicideprevention/index.shtml>
- **Psychology Today Directory of African American Therapists** – <https://www.psychologytoday.com/us/therapists/african-american>
- **Parenting Culture** – Provides inclusive resources for providers and parents around discussions of race, gender, immigration, linguistic diversity, and more. www.parentingculture.org
- **South Asian Therapists** – First online catalog and resource on South Asian providers and mental health resources specific to South Asian communities. www.southasiantherapists.org
- **Suicide Prevention Resource Center** – <https://www.sprc.org/>
- **Substance Abuse and Mental Health Services Administration** – <https://www.samhsa.gov/>
- **The Society for the Prevention of Teen Suicide (SPTS)** – <http://www.sptsusa.org/>
- **The Trevor Project** – An affirming resource for LGBTQ young people that provides education and connects with mental health services. www.trevorproject.org
- **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. <https://www.therapyforlatinx.com/>

- [Therapy for Black Kids](#) – Educational information and resources to parents to promote healthy emotional development and resilience among Black children, teens, and their families.
www.therapyforblackkids.org
- [Think Cultural Health](#) – U.S. Department of Health and Human Services’ free and accredited e-learning program is designed for maternal health care providers and students seeking knowledge and skills related to cultural competency, cultural humility, and person-centered care. <https://thinkculturalhealth.hhs.gov/>
- [U.S. HHS Office of Minority Health](#) – <https://www.minorityhealth.hhs.gov/>
- [We R Native](#) – Provides a collection of mental health resources for Native American youth about issues such as depression, stress and mood improvement. <https://www.wernative.org/>

Hotlines

- [Desi LGBTQ+ helpline for South Asians](#) - A hotline for Desi LGBTQ for South Asians. Call 908-367-3374. <https://www.deqh.org/>
- [National Suicide Prevention Lifeline](#) – <https://suicidepreventionlifeline.org/>
 - Online chat: <https://suicidepreventionlifeline.org/chat/>
 - Video relay service/voice/caption phone- Dial 800-273-8255
 - TTY: Dial 800-799-4889
 - Crisis Text Line: text HELLO to 741741 or Call 911
- [Ok2Talk](#) – A moderated online community platform by the National Alliance on Mental Illness for teens to anonymously express their experiences of mental illness, recovery, or struggle.
<https://ok2talk.org/>
- [The Steve Fund](#) - Provides a crisis support for young people of color. Text STEVE to 741741 to access a culturally trained crisis text line counselor. <https://www.stevelfund.org/>
- [Young People of Color: Discussion & Forum](#) – Provides an online support community for young people of color.
<https://www.7cups.com/home/poc/#:~:text=The%20Young%20People%20of%20Color%20at%207%20Cups%20is%20supported,of%20young%20people%20of%20color.>

Media Resources

- [Easy Anxiety](https://www.youtube.com/watch?v=VGBPrIPkx3w) - A short film about a Black girl's personal journey in mental health, anxiety, and self-love. <https://www.youtube.com/watch?v=VGBPrIPkx3w>
- [Teen Affirmations for Living Your Best Life and Feeling Great](https://www.youtube.com/watch?v=XGNCv0kUQuQ) – A short video produced by SuccessfulBlackParenting.com aimed at uplifting Black adolescents through affirmations and advice. <https://www.youtube.com/watch?v=XGNCv0kUQuQ>
- [The Kids Are Not Alright: The Mental Crises Affecting Latina Teens](https://www.youtube.com/watch?v=5bovfmAZZMc) – A documentary from Vice exploring how Latinx adolescent girls have disproportionately high rates of mental health struggles and suicide attempts. <https://www.youtube.com/watch?v=5bovfmAZZMc>
- [The Safe Place](#) – A minority mental health app geared specifically towards the Black community