

AAPI/BIPOC/LATINX/ TRIBAL RESOURCES

Within the rich diversity of our society, we acknowledge the countless unique experiences that shape each individual's path. With this profound understanding, we extend a warm and inclusive welcome to all those seeking resources and support from organizations specializing in serving and uplifting underrepresented communities.

Whether you are here for yourself a loved one, or to discover support tailored to your specific needs, this guide is your compassionate companion. Our mission is to provide a comprehensive roadmap, recognizing the wide range of experiences and challenges people from underrepresented backgrounds encounter. From advocacy and empowerment programs to cultural organizations and educational resources, we offer a source of hope, understanding, and the assistance every individual deserves as they navigate the journey toward equality and empowerment.

We invite you to explore the resources in this guide at your own pace, seeking the support and knowledge that resonate with you. If you have any questions or concerns about an agency listed in this guide, please do not hesitate to contact our offices at 225-342-1570 for more information.

Health & Happiness,



50 FREE ANTI-RACISM AND MENTAL HEALTH RESOURCES

[Click here for website](#)

Provided by The Fu Foundation School of Engineering and Applied Science at Columbia University includes a number of mental health and self-care resources for the Asian American and Pacific Islander (AAPI) community.

ASIAN AMERICAN HEALTH INITIATIVE (AAHI)

[Click here for website](#)

Provided by The Fu Foundation School of Engineering and Applied Science at Columbia University includes a number of mental health and self-care resources for the Asian American and Pacific Islander (AAPI) community.

ASIAN AMERICAN PSYCHOLOGICAL ASSOCIATION (AAPA)

[Click here for website](#)

Advance the mental health and well-being of Asian American communities through research, professional practice, education, and policy. Explore advances in research and science of Asian American psychology and mental health with new theories and frameworks for understanding the Asian American experience and cutting-edge research using qualitative and quantitative methodologies. Learn prevention and treatment strategies and engage in conversations on how to best work with Asian American communities. Provide training and education for the next generation of Asian American psychologists and mental health providers and researchers. Advocate for the welfare and well-being of Asian Americans at all levels of government through community-engaged scholarship and practice and partnerships with other organizations to ensure the visibility and rights of Asian Americans.

ASIAN MENTAL HEALTH PROJECT (AMHP)

[Click here for website](#)

Asian Mental Health Project provides educational resources and community care initiatives that help make mental health care more accessible and approachable for the Pan-Asian community. Today, we create multimedia resources, host community events and provide mental health assistance grants.

ASIAN AND PACIFIC ISLANDER INSTITUTE ON DOMESTIC VIOLENCE

[Click here for website](#)

The Asian Pacific Institute on Gender-Based Violence is a national resource center on domestic violence, sexual violence, trafficking, and other forms of gender-based violence in Asian/Asian-American and Pacific Islander (AAPI) communities. Our mission is to disrupt gender-based violence, which causes physical, sexual, emotional, spiritual and economic harm within AAPI communities throughout the U.S. and its territories.

AAKOMA

[Click here for website](#)

AAKOMA believes that to meet the mental health needs of Youth of Color, we need to operate at three levels – raising consciousness among individuals, providing accessible tools for ongoing management, and changing systems to receive youth and provide better care. At the AAKOMA Project, we envision a world where EVERY child, teen, and young adult (inclusive of all points of diversity) feels the freedom to live unapologetically and authentically within an environment that allows them to rise and thrive. Much of the work of AAKOMA centers around reducing the stigma around mental health care. Since this stigma often begins early, AAKOMA works with teenagers and families to raise awareness, conduct patient-centered research, and encourage young people to begin conversations in their families. AAKOMA brings a special focus on the unique experiences of people of color.

ASIANS DO THERAPY

[Click here for website](#)

My name is Yin and I'm a licensed marriage and family therapist. I started Asians Do Therapy because many people in our Asian community are struggling and suffering, often times in isolation. My hope is that in highlighting Asian people's experience in therapy and as therapists and sharing culturally relevant information, more Asians and Asian Americans will seek therapy as a resource, available and meant for us.

AMERICAN INDIAN AND ALASKA NATIVE (AI/AN) NATIONAL SUICIDE PREVENTION STRATEGIC PLAN

[Click here for website](#)

The American Indian and Alaska Native (AI/AN) National Suicide Prevention Strategic Plan is a national initiative addressing suicide prevention, based on fostering collaborations across Tribes, Tribal organizations, Urban Indian organizations, and the Indian Health Service (IHS). This site is designed to provide resources to support suicide prevention efforts, and to help communities and individuals understand and obtain services related to suicide.

ASIAN MENTAL HEALTH COLLECTIVE

[Click here for website](#)

AMHC aspires to make mental health easily available, approachable, and accessible to Asian communities worldwide. It is the mission of AMHC to normalize and de-stigmatize mental health within the Asian community. We at AMHC believe in integrating our shared backgrounds with the progressive ideals of emotional well-being and mental health - expressing collectivist ideals while respecting the agency of the individual. It all begins with understanding. Through projects such as our Facebook group, resource library, video web-series, and meetup groups, we hope to not only provide mental health support, but also facilitate the difficult conversations we need to have to move forward together.

BLACK EMOTIONAL AND MENTAL HEALTH COLLECTIVE (BEAM)

[Click here for website](#)

BEAM is a national training, movement building, and grant making institution that is dedicated to the healing, wellness, and liberation of Black and marginalized communities. Our mission is to remove the barriers that Black people experience getting access to or staying connected with emotional health care and healing through education, training, advocacy, and the creative arts. We center our work around a healing justice framework. Healing justice is a framework, developed by Cara Page and the Kindred Healing Justice Collective that identifies how we can intervene and holistically respond to generational trauma and violence.

BLACK GIRLS SMILE

[Click here for website](#)

Crisis Text Line: Text SMILE to 741-741

Black Girls Smile Inc. was founded in 2012 with the mission to empower the mental health and well-being of young Black women and girls through culturally and gender-responsive educational programming, support initiatives, and resource connections. Since our inception, BGS has grown to support over 10,000 Black women and girls nationally through our mental health literacy programming, intersectionality workshops, and therapy scholarship program. BGS is uniquely led by a staff of all Black women, volunteer team, and Board. BGS continues to strategically and responsively expand our programming and initiatives to meet the mental health needs of black women and girls.

THE BORIS LAWRENCE HENSON FOUNDATION

[Click here for website](#)

Named in honor of Boris Lawrence Henson, father of founder Taraji P. Henson, who suffered mental health challenges without resources or support, the Foundation exists to both normalize and improve access to mental health services for Black communities in hopes of eradicating the stigma around seeking help and support. Our mission is to create new ways of healing in Black communities, clearing pathways that allow People of Color to see what their lives look like on the other side of suffering. We help you choose your joy over everything.

CENTER FOR NATIVE AMERICAN YOUTH

[Click here for website](#)

The Center for Native American Youth believes all Native American youth should lead full and healthy lives, have equal access to opportunity, and draw strength from their culture and one another. We work to improve the health, safety, and overall well-being of Native American youth. We do this through youth recognition, inspiration and leadership; research, advocacy, and policy change; serving as a national resource exchange; and by building a Native-youth driven narrative.

BLACK FEMALE THERAPISTS (BFT)

[Click here for website](#)

[Therapist Directory](#)

This platform was created to promote, inspire, and elevate other black female therapists and create a safe space for black mental health. BFT gives mental health therapists a chance to show their #blackgirlmagic and makes it easier to connect with individuals nationwide. Not only is it a place to connect but also a safe place for black women to discuss their mental health and wellness journey and learn new strategies to live a better life. From indulging in the newest self-care strategies to helping strategize mental health issues, we live for being a go-to daily source for all things Black Female Therapists, Self-Care, Mental Wellness, Stress Management, Travel, Relationships and Mental Health.

BLACKLINE

[Click here for website](#) Hotline: 1-800-604-5841

BlackLine® is a hotline geared towards the Black, Black LGBTQI, Brown, Native and Muslim community. However, no one will be turned away from the Hotline. The purpose of the BlackLine is to provide people with an anonymous and confidential avenue to report negative, physical, and inappropriate contact with police and vigilantes. We include vigilante contact because of what can happen to folks in rural and suburban communities at the hands of local community members. BlackLine can gather needed information to share with local community organizers and officials to create the most effective response to police and/or vigilante contact.

CAFA OGLA

[Click here for website](#) Phone: 985-217-5358

Cafa Ogla: One People to STOP Violence, is a program to provide culturally-sensitive victim services for United Houma Nation citizens living in the 6-parish service area who are victims of: Sexual Assault, Domestic Violence, Dating Violence, and Stalking. Our program's focus is helping individuals and families heal, plan, and move forward independently following traumatic experiences. We assist victims (ages 11 and up) with understanding their legal rights and protections while they are interacting with the police, and navigating the criminal justice system.

CHITIMACHA TRIBE HUMAN RESOURCES

[Click here for website](#) Phone: 337-923-7775

Our Mission is to improve the lives of Tribal Members one day at a time" by working collaboratively with other Tribal Departments and Agencies in addressing the needs of Tribal Members. We collaborate with Federal, State, Regional and Parish Partners in a united effort to eradicate child abuse/neglect, substance abuse, domestic violence, and criminal activities, in promoting safe and stable Tribal families on the Chitimacha Reservation and in our Service Area of St. Mary Parish.

COMBATING HATE & DISCRIMINATION: RESOURCE GUIDE

[Click here for website](#)

This resource guide is a compilation of federal resources intended to provide agency leaders and staff, and community leaders, with effective ways to address hate crimes and bias incidents against Asian Americans, Native Hawaiians and Pacific Islanders.

ESPERANZA UNITED

[Click here for website](#)

With nearly forty years of success, Esperanza United leverages the strengths of Latin@ communities to end gender-based violence. Founded and led by Latinas, we ground our work in listening to the community adapting to meet their changing needs. We work with the community, other service providers, and systems to ensure Latinas, their families, and our communities receive culturally relevant advocacy and quality, appropriate, and effective resources.

INCLUSIVE THERAPISTS

[Click here for website](#)

Seeking counseling or therapy can be a vulnerable process. To that, add the challenges that people with marginalized identities face such as: neglect, prejudice, silencing, micro-aggressions, and language or financial barriers. Finding quality care can become an overwhelming task. Connecting with a therapist should not feel like a gamble. People with marginalized identities deserve equitable access to radically affirming, culturally responsive mental health care. We aim to make this process simpler and safer. We center the needs of Black, Indigenous, and People of Color (BIPOC) and 2SLGBTQIA+ intersections (QTBIPOC). We amplify the voices and expressions of Neurodivergent and Disabled Communities of Color. We're glad that you're here.

LATINX THERAPY

[Click here for website](#)

Latinx Therapy was founded in 2018 with the mission to destigmatize mental health in the Latinx community. Since then, we have expanded to become a bilingual podcast and national directory to find a Latinx Therapist (98% of our directory are Spanish speakers). Latinx Therapy strives to provide culturally-grounded workshops and services to our community.

LOVELAND FOUNDATION

[Click here for website](#) Phone: 337-584-1433

The Loveland Foundation is the official continuation of the effort to bring opportunity and healing to communities of color, and especially to Black women and girls. Through fellowships, residency programs, listening tours, and more, ultimately we hope to contribute to both the empowerment and the liberation of the communities we serve. Through our partnerships recipients will have access to comprehensive lists of mental health professionals across the country providing high quality, culturally competent services to Black women and girls. Black women and girls deserve access to healing, and that healing will impact generations.

COUSHATTA TRIBE OF LOUISIANA SOCIAL SERVICES

[Click here for website](#) Phone: 337-584-1433

After regaining federal recognition in 1973, the Coushatta Tribe began investing in a variety of enterprises in order to provide revenue for its tribal government and jobs for community members. Chief among these enterprises is the Coushatta Casino Resort, which opened in 1995 and has grown into the second largest private employer in the state of Louisiana. The Tribe also operates a variety of smaller business enterprises, as well as health, educational, social and cultural programs, that have economic and social impact on the tribal and surrounding communities.

INCITE! WOMEN OF COLOR AGAINST VIOLENCE

[Click here for website](#)

Crisis Text Line: Text SMILE to 741-741

INCITE! formed to continue efforts to develop strategies to end violence that addressed community and state violence simultaneously. INCITE! has grown into grassroots chapters and affiliates across the country; launched political projects mobilizing women of color against violence; held follow-up COV conferences in Chicago, New Orleans and other conferences and events in which thousands more attended and sparked critical dialogue through two anthologies, posters, and other media.

JENA BAND OF CHOCTAW INDIANS

[Click here for website](#) Phone: 318-992-1169

The Social Services Department provides the Jena Band of Choctaw Tribal members and other eligible persons with multiple services and programs. Our many programs include Victim Assistance, Domestic Violence, Injury Prevention, and Child Welfare. Counseling and psychological evaluations for individuals are through local referrals. We work in conjunction with DCFS, advocate within the court system, and provide foster parents and children support. We advocate for the at-risk students within the local schools in our three parish services areas of LaSalle, Rapides, and Grant.

LEAGUE OF UNITED LATIN AMERICAN CITIZENS (LULAC)

[Click here for website](#)

LULAC is the largest and oldest Hispanic organization in the United States. LULAC advances the economic condition, educational attainment, political influence, housing, health and civil rights of Hispanic Americans through community-based programs operating at more than 1,000 LULAC councils nationwide. The organization involves and serves all Hispanic nationality groups. Historically, LULAC has focused heavily on education, civil rights, health, and employment for Hispanics. LULAC Institute programs include citizenship and voter registration drives, education and health events and programs that empower the Hispanic community at the local, state and national level.

MELANIN AND MENTAL HEALTH

[Click here for website](#)

Melanin & Mental Health® was born out of a desire to connect individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities. We are committed to promoting the growth and healing of our communities through our website, online directory, and monthly events. We regularly receive inquiries from people across the country asking if we know of clinicians in their area. Because of this we are planning events in cities across the US to help us connect clinicians with those potential clients and give us more insight about the way these cities are changing the mental health game.

MUSLIM ADVOCATES

[Click here for website](#) [Report Discrimination](#)

Muslim Advocates provides expert representation in the courts, the policy making process, and in the public dialogue so that American Muslims and all people can live free from discrimination. We litigate, educate, and advocate to uphold our country's promise of equal treatment under the law for all Americans — and we get results. We are a big tent organization that recognizes the rich and full diversity of the American Muslim community in race, sex, place of birth, ability, income, education, gender identity, sexual orientation, sect of worship and level of religiosity.

NATIONAL ALLIANCE FOR HISPANIC HEALTH

[Click here for website](#)

In 1973 as a result of the need for profound changes in mental health services, the Alliance was incorporated in Los Angeles as the Coalition of Spanish-Speaking Mental Health Organizations (COSSMHO). Since then the organization has grown and expanded to reflect the changing needs of the people and communities served. Today, the National Alliance for Hispanic Health is the premier science-based and community-driven organization that focuses on the best health for all. Community-based members provide services to more than 15 million Hispanics throughout the U.S. every year and national organization members provide services to more than 100 million people annually.

NATIONAL ASIAN AMERICAN PACIFIC ISLANDER MENTAL HEALTH ASSOCIATION (NAAPIMHA)

[Click here for website](#)

The mission of NAAPIMHA is to promote the mental health and well-being of the Asian American, Native Hawaiian, and Pacific Islander communities. NAAPIMHA strives to raise awareness of the role of mental health in an individual's health and well-being, especially in Asian American, Native Hawaiian, and Pacific Islander communities throughout the country.

THE MGH CENTER FOR CROSS-CULTURAL STUDENT EMOTIONAL WELLNESS

[Click here for website](#)

We are clinicians, educators, and researchers who are passionate about understanding and promoting the emotional health and psychological resilience of students and scholars from diverse cultural backgrounds. As practicing mental health clinicians, they noticed increasing referrals of Asian American students for problems like stress, depression, and suicidal thoughts, but they were surprised to find how little information existed to guide treatment and prevention. Our Center was established in response to this gap. We create high-quality, evidence-based resources and services focused on mental health education and prevention for parents, students, educators, and clinicians. We also conduct pioneering research regarding the populations we serve. Finally, we facilitate access to culturally sensitive care for those who need it.

MUSTARD SEED GENERATION

[Click here for website](#)

Mustard Seed Generation exists to eradicate barriers to mental health that increase life dissatisfaction, family dysfunction, and suicide in the Korean American community. We provide culture-specific training to increase the mental health literacy of Korean American churches, families, and youth. Mustard Seed Generation is a faith-based non-profit raising awareness around mental health by educating families, equipping church and community leaders, and empowering mental health professionals. Through our conferences, workshops, and trainings, we hope to de-stigmatize conversations around mental health for Korean Americans.

NATIONAL AMERICAN INDIAN AND ALASKA NATIVE/MENTAL HEALTH TECHNOLOGY TRANSFER CENTER NETWORK

[Click here for website](#)

The National American Indian and Alaska Native Mental Health Technology Transfer Center strengthens and promotes systematic behavioral health practice changes that both honor and contribute to the health and well-being of American Indian & Alaska Native communities, tribes, and individuals. At our center, we support effective approaches for including the rich diversity of American Indian and Alaska Native peoples' culturally-based ways of knowing in the: Building of collaborative relationships and networks; Supporting of research and dissemination of knowledge that expand the broad base of treatment and behavioral health services; Strengthening of standards of care and programming options; Development of leadership within an expanding service workforce; Renovation of a sustainable organizational infrastructure; and Supporting integration of tradition-based healing practices.

NATIONAL INDIGENOUS WOMEN'S RESOURCE CENTER

[Click here for website](#)

The National Indigenous Women's Resource Center, Inc. (NIWRC) is a Native-led nonprofit organization dedicated to ending violence against Native women and children. The NIWRC provides national leadership in ending gender-based violence in tribal communities by lifting up the collective voices of grassroots advocates and offering culturally grounded resources, technical assistance and training, and policy development to strengthen tribal sovereignty.

OFFICE OF MINORITY HEALTH

[Click here for website](#)

The Office of Minority Health (OMH) at the U.S. Department of Health and Human Services (HHS) was created in 1986 as one of the most significant outcomes of the landmark 1985 Secretary's Task Force Report on Black and Minority Health. The mission of the Office of Minority Health is to improve the health of racial and ethnic minority populations through the development of health policies and programs that will help eliminate health disparities. OMH is focused on the collective goal of the success, sustainability and spread of health equity promoting policies, program and practices. OMH's primary function of promoting policy program and practice adoption is supported by additional functions including convening partners; collecting, analyzing and reporting data; disseminating information; and conducting demonstrations and evaluations.

SOUTH ASIAN MENTAL HEALTH INITIATIVE AND NETWORK

[Click here for website](#) [Provider Directory](#)

HelpLine: 732-902-2561

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. Our goal is to decrease the stigma and shame associated with mental illness and offer resources for people who seek help. The SAMHIN provider network includes mental health professionals with a strong desire to provide counseling to the South Asian community. **Please note that Our Helpline is not a crisis hotline.**

THERAPY FOR BLACK MEN

[Click here for website](#) [Find a Therapist](#)

Helpline: 646-780-8278

In partnership with licensed mental health professionals and coaches in private practice throughout the fifty states, TherapyForBlackMen.org provides proactive, multiculturally competent care to men of color. TherapyForBlackMen.org makes it easy for clients and therapists and coaches to connect with each other. We want to break the stigma that asking for help is a sign of weakness. With a rapidly growing directory of 444 therapists and 39 coaches throughout the fifty states thus far, we are here to provide judgment-free, multiculturally-competent care to Black men. You don't have to man up. Let's talk it through together.

NATIONAL QUEER AND TRANS THERAPISTS OF COLOR NETWORK

[Click here for website](#) [Search Mental Health Directroy](#)

The National Queer and Trans Therapists of Color Network (NQTTTCN) is a healing justice organization that actively works to transform mental health for queer and trans people of color (QTPOC) in North America. We work at the intersection of movements for social justice and the field of mental health to integrate healing justice into both of these spaces. Together we build the capacity of QTPOC mental health practitioners, increase access to healing justice resources, provide technical assistance to social justice movement organizations to integrate healing justice into their work. Our overall goal is to increase access to healing justice resources for QTPOC.

SOUTH ASIAN AMERICANS LEADING TOGETHER (SAALT)

[Click here for website](#)

SAALT is a national movement strategy and advocacy organization committed to racial justice through structural change, which means we focus on transforming institutions while leveraging incremental change as a means to shift conditions and power. We do this through federal policy and advocacy, local and national partnerships, coalition building and strategic communications. We convene dedicated spaces for South Asian organizations across the country to engage in political education leading to strategies and narratives to realize our vision.

STRONGHEARTS NATIVE HELPLINE

[Click here for website](#)

Helpline: 1-844-7NATIVE (762-8483)

StrongHearts Native Helpline is a 24/7 safe, confidential and anonymous domestic, dating and sexual violence helpline for Native Americans and Alaska Natives, offering culturally-appropriate support and advocacy.

THERAPY FOR BLACK GIRLS

[Click here for website](#) [Find a Therapist](#)

So often the stigma surrounding mental health issues and therapy prevents Black women from taking the step of seeing a therapist. This space was developed to present mental health topics in a way that feels more accessible and relevant.

THERAPY FOR LATINX

[Click here for website](#)

Finding a mental health provider shouldn't make you feel worse. We know firsthand that going through Google searches and endless directories can feel daunting. Sometimes it may even feel easier to give up all together, we know because we've been there too. Therapy for Latinx was created to make this process as easy as possible. Search our listings to find therapists that honor who you are, provide services with dignity, and can code switch like the best of them.

TUNICA-BILOXI TRIBE OF LOUISIANA VICTIM SERVICES

[Click here for website](#) Phone: 318-240-6450

The Tunica-Biloxi Victim Services program is available to persons of all age, economic, ethnic, lifestyle, racial, religious and social groups. The purpose of the Victim Services program is to provide relief and support for persons who have suffered physical or emotional abuse as a result of domestic violence, sexual assault, and any other violent crime. The Tunica-Biloxi Victim Services program can assist with the following: counseling services, child services, emergency shelter, transportation, supportive services, etc.

WE R NATIVE

[Click here for website](#)

Crisis Text Line: text NATIVE to 741 741

We are a comprehensive health resource for Native youth, by Native youth, providing content and stories about the topics that matter most to them. We strive to promote holistic health and positive growth in our local communities and nation at large.

ZERO SUICIDE IN INDIAN COUNTRY TOOLKIT

[Click here for website](#)

The toolkit contains recommendations for the implementation of Zero Suicide in Indian Country, forms and tools others have used in their own implementation, and videos featuring a variety of indigenous health systems (IHS and Tribal) who have committed to the implementation and indigenization of the Zero Suicide framework for their communities.

V.I.E.T. - VIETNAMESE INITIATIVE IN ECONOMIC TRAINING

[Click here for website](#) Phone: 504-255-0400

VIET was established in 2001 as the first nonprofit in Louisiana to focus on the economic & social injustice of non-English speaking & underserved communities. The organization mission is to bridge the gap of disparities that prevent community members from growth & achieving the American dream. VIET is located in the heart of the largest concentrated Vietnamese community in Orleans parish. The area has attracted thousands of immigrants from Vietnam since 1975. While the area has suffered from numerous disasters, VIET continues to collaborate with residents to remove barriers & work toward equity, fairness & open access to resources.

WOMEN WITH A VISION

[Click here for website](#) Call or Text : 504-302-8822

The mission of Women With A Vision is to improve the lives of marginalized women, their families, and communities by addressing the social conditions that hinder their health and well-being. We accomplish this through relentless advocacy, health education, supportive services, and community-based participatory research. Over the last 25 years, WWAV has become New Orleans' premier women's health organization combining service and advocacy to address the social conditions and injustices that impact our city's most marginalized women.