

BIPOC Mental Health Resources

SCCC's Mental Health & Wellness Services is dedicated to addressing the mental health needs of our BIPOC community. MHWS offers **FREE** and **CONFIDENTIAL** short-term individual counseling, group counseling, and programming for ALL students. Visit our [website](#) for more mental health resources or if you would like to request an appointment.

Please find specific mental health resources for the BIPOC community below.

Asian Mental Health Collective

[HTTPS://WWW.ASIANMHC.ORG/](https://www.asianmhc.org/)

AMHC's mission is to de-stigmatize and normalize mental health within the Asian community. They work to raise awareness about the importance of mental health care and emotional well-being among Asian communities.

Black Emotional and Mental Health Collective (BEAM)

[HTTPS://WWW.BEAM.COMMUNITY/](https://www.beam.community/)

BEAM's mission is to remove the barriers that Black people experience getting access to or staying connected with emotional health care and healing. They do this through education, training, advocacy and the creative arts.

Black Men Heal

[HTTPS://BLACKMENHEAL.ORG/](https://blackmenheal.org/)

BMH believes that "healed men heal men." Their mission is to provide access to mental health treatment, psycho-education, and community resources to men of color.

Black Mental Health Alliance

[HTTPS://BLACKMENTALHEALTH.COM/](https://blackmentalhealth.com/)

BMHA's mission is to develop, promote and sponsor trusted culturally-relevant educational forums, trainings and referral services that support the health and well-being of Black people and their communities.

Brother You're On My Mind

[HTTPS://WWW.NIMHD.NIH.GOV/PROGRAMS/EDUCATION-TRAINING/BYOMM/](https://www.nimhd.nih.gov/programs/education-training/byomm/)

To help start conversations about mental health, Omega Psi Phi Fraternity, Inc., and NIMHD launched *Brother, You're on My Mind: Changing the National Dialogue Regarding Mental Health Among African American Men*. The goals of this initiative are to help educate friends, family members, and the community about depression and stress and to communicate the importance of seeking help. They offer an online toolkit for young men and their communities.

Hispanic Counseling Center

[HTTPS://WWW.HISPANICCOUNSELING.ORG/](https://www.hispaniccounseling.org/)

Hispanic Counseling Center is a multi-service agency that provides bilingual treatment and prevention services for chemical dependency, mental illness, and youth and family programs, serving over 1,400 clients per month, in an environment of hope and encouragement for people working toward a constructive, self-sustaining way of life.

Inclusive Therapists

[HTTPS://WWW.INCLUSIVETHERAPISTS.COM/](https://www.inclusivetherapists.com/)

This website provides a directory with therapists who will offer care specifically for your unique identity. The goal is to make the search for a therapist less overwhelming for marginalized individuals.

OLA of Eastern Long Island

[HTTPS://WWW.OLAOFEASTERNLONGISLAND.ORG/PROJECT-HOPE](https://www.olaofoeasternlongisland.org/project-hope)

OLA of Eastern Long Island works to create a more equitable East End for Latino immigrants. OLA's Project Hope crisis counselors offers free, confidential, and anonymous counseling. The counselors come from a diverse background and speak a variety of languages.

POC Online Classroom

[HTTP://WWW.POCONLINECLASSROOM.COM/SELF-CARE/](http://www.poconlineclassroom.com/self-care/)

Provides readings on the importance of self care, mental health care, and healing for people of color and within activist movements.

Therapy for Black Girls

[HTTPS://THERAPYFORBLACKGIRLS.COM/](https://therapyforblackgirls.com/)

Therapy for Black Girls was developed to present mental health topics in a way that feels more accessible and relevant to Black women. The space was developed to help decrease the stigma surrounding mental health issues that prevents Black women from taking the step of seeing a therapist.

TherapyForBlackMen.org

[HTTPS://THERAPYFORBLACKMEN.ORG/](https://therapyforblackmen.org/)

"You don't have to man up. Let's talk it through together."
Therapyforblackmen.org aims to break the stigma that asking for help is a sign of weakness. The site offers a rapidly growing directory of therapists and coaches throughout the fifty states that provide judgment-free, multiculturally-competent care to Black men.

Therapy For Latinx

[HTTPS://WWW.THERAPYFORLATINX.COM/](https://www.therapyforlatinx.com/)

Therapy for Latinx is an online directory for individuals seeking support in the Latinx community from members of the community.

The website also provides resources including book recommendations, crisis and mental health hotlines, online screening tools, and more.

The Steve Fund

[HTTPS://WWW.STEVEFUND.ORG/](https://www.stevelfund.org/)

The Steve Fund is dedicated to the mental health and emotional well-being of students of color. The website provides resources including student stories, a podcast, articles and a blog, crisis lines, and more to support the mental health of students of color.

WeRNative

[HTTPS://WWW.WERNATIVE.ORG/](https://www.wernative.org/)

WeRNative is a comprehensive health resource for Native youth, by Native youth, providing content and stories about the topics that matter most to them. They strive to promote holistic health and positive growth in local communities and nation at large. The website includes information about building resilience, common mental health struggles, and how to get help.