

Mental Health Resources for Coping with Discrimination

HabitWorks does not evaluate nor endorse any of these resources. Please use your own judgement to evaluate them and their fit for your needs. This is not an exhaustive list and does not include every possible community. If your community is not represented on this resource, please feel free to email us at cb Beard@mclean.harvard.edu, and we will help you find additional resources.

General

- **Compilation of Resources/Toolkits**
 - **The Mighty** offers a digital tool kit on how to prioritize mental health for the BIPOC Community, but may be relevant and helpful to people of various identities struggling with mental health:
<https://themighty.com/topic/depression/digital-resource-tools-toolkit-prioritize-bipoc-mental-health>
 - **Bad Bitches Have Bad Days Too** offers a compilation of resources for people of various identities struggling with mental health
- **Guides/Blogs**
 - **Washington University** has a guide to coping with discrimination:
<https://www.washington.edu/counseling/culture-of-care/coping-with-discrimination/>
 - **National Association of Mental Illness (NAMI)** has a collection of blog posts on mental health that you can filter by various categories:
<https://www.nami.org/Blogs/NAMI-Blog>
 - **Inclusive Therapists** has a mental health blog:
<https://www.inclusivetherapists.com/blog>

Black Community

- **Compilation of Resources/Toolkits**
 - **Black Lives Matter** offers a “Healing in Action” toolkit
https://blacklivesmatter.com/wp-content/uploads/2018/01/BLM_HealingAction_r1.pdf
 - **The Association of Black Psychologists** offers a “Family Care, Community Care and Self Care Tool Kit: Healing in the Face of Cultural Trauma” toolkit
<https://www.abpsi.org/pdf/FamilyCommunitySelfCareToolKit.pdf>
- **Psychoeducation/Articles/Blogs**
 - [Coping with Discrimination](#), DoSomething Editors
 - [How to Protect Your Mental Health While Fighting Racial Injustice](#), Online Counseling Programs Article

- **National Alliance on Mental Illness – Black/African American Page**
<https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Black-African-American>
- **Anxiety & Depression Association of America – Black and African American Communities** <https://adaa.org/find-help/by-demographics/black-african-american-communities>
- **BEAM (Black Emotional and Mental Health Collective)** offers a Wellness Tool Kit (<https://beam.community/wellness-tools>)
- [Redefine and Unlearn: BIPOC Youth Destigmatize Mental Health in their Community](#), ADAA, Susan Gurley, ADAA Executive Director
- [How Black Women are Harnessing the Power of Racial Identity in the Face of Racism](#), ADAA, Ifrah Sheikh, MSc, MA
- [Persistent Trauma of Systemic Racial Inequities and the Perils of COVID-19](#), ADAA, Mbemba Jabbi, PhD and Kathariya Mokrue, PhD
- [Protests, Racism and Our Children: Helping Kids Cope](#), ADAA, Michelle Witkin, PhD
- [What Now? Dealing with the Emotional Aftermath of the Verdict](#), ADAA, Kathariya Mokrue, PhD
- [African Americans with Anxiety: How to Overcome Unique Obstacles](#), ADAA, Angela Neal-Barnett, PhD
- [To Be Female, Anxious and Black](#), ADAA, Angela Neal-Barnett, PhD
- **National Association of Mental Illness (NAMI)** has a collection of blog posts on mental health for African Americans: <https://www.nami.org/Blogs/NAMI-Blog?categoryname=AfricanAmerican>
- **Rest for Resistance** offers a collections of online post regarding different mental health topics relevant to people of color and the LGBTQ+ community. <https://restforresistance.com/read>
- [Coming Out: Living Authentically as LGBTQ Black People](#), Human Resources Campaign (HRC) Foundation
- **Books/Guides/Fact Sheets:**
 - **Black Men and Depression: Saving Our Lives, Healing Our Families and Friends**, John Head
 - **Black Pain: It Just Looks Like We're Not Hurting**, Terrie M. Williams
 - **The Color of Hope: People of Color Mental Health Narratives**, Iresha Picot
 - **My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies**, Resmaa Menakem, MSW, LICSW, SEP
 - **The Unapologetic Guide to Black Mental Health**, Rheeda Walker, Ph.D
- **Videos:**
 - [The Effects of Racism on Mental Health: How to Cope](#), ADAA webinar Karen G. Martínez, MD, MSc and Jessica Graham-LoPresti, PhD

- [Embracing Black Mental Health - An Instagram Live Conversation](#), ADAA
Instagram Live conversation, Darius Dawson, PhD and Ally Tiara Johnson
- [Black Mental Wellness Lounge](#), YouTube Channel by Brandon J. Johnson, M.H.S.
- **Podcasts:**
 - [Jump in with Jumi! Anxiety and Depression](#), Angela Neal-Barnett, PhD
 - [Fireflies Unite with Kea](#), T-Kea Blackman
 - [Balanced Black Girl](#), Balanced Black Girl Network
 - [Between Sessions](#), Melanin and Mental Health community
- **Apps:**
 - **The Safe Place**
 - Google Play Store: <https://play.google.com/store/apps/details?id=com.he6ecb72aef1>
 - Apple App Store: <https://apps.apple.com/us/app/the-safe-place/id1349460763>

Hispanic and Latino/a/e Community

- **Compilation of Resources/Toolkits**
 - **California LGBTQ Health and Human Services Network** has a Resource Guide on LGBTQ Latinx Mental Health: <https://californialgbtqhealth.org/resources/lgbtq-latinx-mental-health-resource-guide/>
- **Psychoeducation/Articles/Blogs**
 - [How to Protect Your Mental Health While Fighting Racial Injustice](#), Online Counseling Programs Article
 - [The Focus on You](#), Blog by a Latina Therapist
 - [Qué Nervios: Being Latina and Dealing with Anxiety, Qué Nervios: tener ansiedad siendo Latina](#), ADAA, Karen G. Martínez, MD, MSc
 - **National Alliance on Mental Illness – Hispanic/Latinx Page**
<https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Hispanic-Latinx>
 - **Anxiety & Depression Association of America – Latine/Hispanic Communities**
<https://adaa.org/find-help/by-demographics/latinx-hispanics>
 - **Mental Health America (MHA) – Latinx/Hispanic Communities and Mental Health** <https://www.mhanational.org/issues/latinxhispanic-communities-and-mental-health>
 - **National Association of Mental Illness (NAMI)** has a collection of blog posts on mental health for Hispanic/Latine individuals:
<https://www.nami.org/Blogs/NAMI-Blog?categoryname=Latino>
 - **Rest for Resistance** offers a collections of online post regarding different mental health topics relevant to people of color and the LGBTQ+ community.
<https://restforresistance.com/read>
 - [Coming Out: Living Authentically as LGBTQ Latinx Americans](#), Human Resources Campaign (HRC) Foundation

- **Books/Guides/Fact Sheets**
 - **Therapy for Latinx's Reading List** is a list of book recommendations surrounding mental health support for Latine individuals: <https://www.therapyforlatinx.com/reading-list>
 - **The Buena Salud Guide to Understanding Depression and Enjoying Life** by Jane Delgado
 - An infographic about **Supporting Mental Health of Immigrant Communities**: https://www.mhanational.org/sites/default/files/inline-images/MHA_Supporting%20Mental%20Health%20of%20Immigrant%20Communities.pdf
- **Videos:**
 - [The Effects of Racism on Mental Health: How to Cope](#), ADAA webinar Karen G. Martínez, MD, MSc and Jessica Graham-LoPresti, PhD
 - [Antonio Liranzo - Mental Health Awareness Month Video](#)
 - [¿Qué es la depresión?](#) (What is Depression?)
 - [¿Por que tenemos temor/estigma en buscar ayuda para nuestra salud mental?](#)
 - [El Rostro del Trauma en la Comunidad Latina](#)
- **Podcasts**
 - **Latinx Therapy Weekly Podcast** <https://latinxtherapy.com/podcast/>
 - **The Latinx Mental Health Podcast** <https://www.latinxmhpodcast.com/>
 - **Fritanga Podcast** <https://hispanicheritage.org/fritanga/>

Asian/Pacific Islander Community

- **Compilation of Resources/Toolkits**
 - **Mass General Hospital's Asian American Racism and Mental Health Resources**: <https://www.mghstudentwellness.org/racism>
 - **Asian American Racial Justice Toolkit** <https://www.asianamtoolkit.org/>
 - **VietMIND** is a platform dedicated to providing mental health education across the Vietnamese-English language barrier. <https://vietmind.org/about-us>
 - **Chinese American Family Alliance for Mental Health (CAFAMH)** provides a resource guide in both English and Chinese: <https://www.cafamh.org/resources/>
 - **Asian Pacific American Labor Alliance (APALA)** has a labor tool kit on Anti-Asian Racism: <https://www.apalanet.org/labor-toolkit-on-anti-asian-racism.html>
 - **The Human Rights Campaign Foundation** provides a LGBTQ+ resource guide made to help Asian Americans and Pacific Islanders with the coming out process (https://assets2.hrc.org/files/assets/resources/HRC-Coming_Out-API-FINAL-web-2018.pdf)
 - **Asian American Health Initiative (AAHI)** provides free mental health resources for Asian Americans in several languages such as photo novels, tool kits, videos, and more. <https://aahiinfo.org/aahi-resources/#mental-health-resources>

- **Stop Asian and Pacific Islander Hate** has safety tips for those experiencing or witnessing hate, available in Bengali, Chinese Simplified, Chinese Traditional, English, Hindi, Japanese, Korean, Mong, Nepali, Punjabi, Tagalog, Thai, and Vietnamese <https://stopaapihate.org/resources/>
- **Psychoeducation/Articles/Blogs**
 - [How to Protect Your Mental Health While Fighting Racial Injustice](#), Online Counseling Programs Article
 - **Mental Health America (MHA) – Asian American / Pacific Islander Communities and Mental Health page** <https://www.mhanational.org/issues/asian-american-pacific-islander-communities-and-mental-health>
 - **National Alliance on Mental Illness (NAMI) – Asian-American and Pacific Islander Page** <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Asian-American-and-Pacific-Islander>
 - **Anxiety & Depression Association of America – Asian Americans/Pacific Islanders** <https://adaa.org/find-help/by-demographics/asian-pacific-islanders>
 - [The long history of US racism against Asian Americans, from ‘yellow peril’ to ‘model minority’ to the ‘Chinese virus’](#), The Conversation, Adrian De Leon, PhD.
 - **National Association of Mental Illness (NAMI)** has a collection of blog posts on mental health for Asian Americans / Pacific Islanders <https://www.nami.org/Blogs/NAMI-Blog?categoryname=AsianAmerican-PacificIslander>
 - **Rest for Resistance** offers a collections of online post regarding different mental health topics relevant to people of color and the LGBTQ+ community. <https://restforresistance.com/read>
 - [Coming Out: Living Authentically as LGBTQ Asian and Pacific Islander Americans](#), Human Resources Campaign (HRC) Foundation
- **Podcasts**
 - [One Korean American’s Reckoning](#), Alyssa Jeong Perry
- **Videos**
 - **National Asian American Pacific Islander Mental Health Association (NAAPIMHA)** has a collection of webinars related to improving mental health: <https://www.naapimha.org/our-trainings>
 - [The Effects of Racism on Mental Health: How to Cope](#), ADAA webinar Karen G. Martínez, MD, MSc and Jessica Graham-LoPresti, PhD
- **Books/Guides/Fact Sheets**
 - **National Asian American Pacific Islander Mental Health Association (NAAPIMHA)** provides a Mental Wellness Activity Book for Asian Americans https://www.naapimha.org/files/ugd/2b10dc_2041a99aa58d41b9b2545231cab81f05.pdf
 - **Asian Americans with Disabilities Initiative** has a free Asian Americans with Disabilities Resource Guide. To download, follow the steps here: <https://www.aadinitiative.org/resources>

- **Asian American Psychological Association** has a collection of fact sheets related on mental health for Asian Americans <https://aapaonline.org/publications/fact-sheets/>
- **Asian American Health Initiative (AAHI)** provides hard copies of free mental health photo novels for Asian American in several languages by request. Fill this form out here to request hard copies: <https://forms.office.com/pages/responsepage.aspx?id=-bEBbuWxc0Csl3eAaaCtZCuuCmY5kYFDv7bcwkkQPTBUOTIEWVYzRkNDWjYwVkZFTUVFSU85Ukg0VC4u>

Disability Community

- **Compilation of Resources/Toolkits**
 - **The Arc** has a library of resources for people with various disabilities <https://thearc.org/find-resources/>
 - **Rural Disability Resource Library** <http://resources.ruralinstitute.umt.edu/map/>
 - **Different & Able** has a library of resources for people with various disabilities: <https://differentandable.org/resources>
 - **Asian Americans with Disabilities Initiative** has a free Asian Americans with Disabilities Resource Guide. To download, follow the steps here: <https://www.aadinitiative.org/resources>
 - **Disabilities-R-Us** has a comprehensive list of Disability Resources <https://disabilities-r-us.com/disability-resources/>
- **Psychoeducation/Articles/Blogs**
 - **United Disability Services (UDS) Foundation – Mental Health and People with Disabilities** <https://udservices.org/mental-health-and-people-with-disabilities/>
 - **Center for Disease Control (CDC) – The Mental Health of People with Disabilities:** <https://www.cdc.gov/ncbddd/disabilityandhealth/features/mental-health-for-all.html>
 - **National Center on Health, Physical Activity, and Disability** <https://www.nchpad.org/>
 - **CDC Shares Special Olympics Mental Health Resources**, Special Olympics Health
 - **National Association of Mental Illness (NAMI)** has a collection of blog posts on mental health for various disabilities. Use the filter in the top left hand corner to filter by disability: <https://www.nami.org/Blogs/NAMI-Blog?categoryname=AttentionDeficit-HyperactivityDisorder ADHD>
- **Programs**
 - **National Center on Health, Physical Activity, and Disability (NCHPAD)** offers a free MENTOR program that teaches mindfulness, exercise, nutrition, and resilience skills to those with disabilities <https://mentor.nchpad.org/>
- **Infographics**
 - **Special Olympics Health** offers an infographic that guides you through mindfulness activities

<https://media.specialolympics.org/resources/health/disciplines/strongminds/Strong-Minds-YA-Activity-Cards-08-2020.pdf>

LGBTQ+ Community

- **Compilation of Resources/Toolkits**
 - **The Mental Health Coalition** provides a LGBTQ+ mental health resource guide https://www.thementalhealthcoalition.org/wp-content/uploads/2020/06/Mental-Health_LGBTQ-Final.pdf
 - **The Human Rights Campaign Foundation** provides a LGBTQ+ resource guide made to help Asian Americans and Pacific Islanders with the coming out process (https://assets2.hrc.org/files/assets/resources/HRC-Coming_Out-API-FINAL-web-2018.pdf)
 - **California LGBTQ Health and Human Services Network** has a Resource Guide on LGBTQ Latinx Mental Health: <https://californialgbtqhealth.org/resources/lgbtq-latinx-mental-health-resource-guide/>
 - **Mental Health Association** offers a compilation of mental health resources for the LGBTQ+ community <https://mhanational.org/lgbtq>
- **Psychoeducation/Articles/Blogs**
 - **Mental Health America – LGBTQ+ Communities and Mental Health** <https://mhanational.org/issues/lgbtq-communities-and-mental-health>
 - **Anxiety and Depression Association of America (ADAA) – LGBTQ+ Community** <https://adaa.org/find-help/by-demographics/lgbtq>
 - **National Alliance on Mental Illness (NAMI) – LGBTQI** <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/LGBTQI>
 - **National Association of Mental Illness (NAMI)** has a collection of blog posts on mental health for the LGBTQI community: <https://www.nami.org/Blogs/NAMI-Blog?categoryname=GLBT>
 - **Rest for Resistance** offers a collections of online post regarding different mental health topics relevant to people of color and the LGBTQ+ community. <https://restforresistance.com/read>
 - [Anxiety and Depression in Sexual and Gender Minority Individuals](#), ADAA article, Sarah Hayes Skelton, PhD and David Pantalone, PhD
 - [Understanding Anxiety and Depression for LGBTQ People](#), ADAA article, Brad Brenner, PhD
 - [Why Does the LGBTQIA+ Community Suffer from Poor Mental Health at Higher Rates?](#) University of Utah-Health
 - [What to Know About Mental Health Among Transgender Individuals](#), Medical News Today
 - [Transgender Individuals at Greater Risk of Mental Health Problems](#), Yale School of Public Health

- [Structural Racism and Anti-LGBTQ Policies Can Impact Suicide Risk](#), Rutgers University – New Brunswick
- [Coming Out: Living Authentically as LGBTQ Asian and Pacific Islander Americans](#), Human Resources Campaign (HRC) Foundation
- [Coming Out: Living Authentically as LGBTQ Latinx Americans](#), Human Resources Campaign (HRC) Foundation
- [Coming Out: Living Authentically as LGBTQ Black People](#), Human Resources Campaign (HRC) Foundation
- **Books/Guides/Fact Sheets**
 - **LGBT National Help Center** provides a list of Book Recommendations: <https://www.lgbthotline.org/booklist.html>
 - **LGBT National Help Center** provides info sheets on Self Harm Prevention <https://www.lgbthotline.org/self-harm-prevention.html>
 - **Depression Looks Like Me** provides an infographic on Depression in the LGBTQ+ community <https://www.depressionlooklikeme.com/assets/img/docs/DLLM-Infographic.pdf>
 - **Anxiety and Depression Association of America (ADAA)** provides an infographic on how identity impacts mental health in the LGBTQ+ community <https://adaa.org/sites/default/files/LGBTQ%2B%20Identity%20and%20Mental%20Health%20Final.pdf>
 - **PFLAG** has a National Blog: <https://pflag.org/blog>
- **Videos**
 - **LGBT National Help Center** provides a Film List: <https://www.lgbthotline.org/filmlist.html>
 - [Celebrating Pride & LGBTQ+ Resilience](#), ADAA webinar
 - [Anxiety, Depression, and the LGBTQ Community: Thriving Through the Challenges](#), ADAA webinar
 - [Anxiety and Depression in LGBTQ Youth: What do We Know and How Can We Help?](#), ADAA webinar
 - **PFLAG** offers a video series “What Makes Pride,” hosted by Melissa Harris-Perry, dedicated to uplifting the work and lives--and sharing the stories--of LGBTQ+ BIPOC people, communities, and grassroots organizations. https://www.youtube.com/watch?v=03-LWwhFrVs&list=PLmrbUDozdIcJyiZ8PL1S_ywsxgfx6O4lk
- **Podcasts**
 - [Recovery in the LGBT Population](#), Great Lakes Wave Podcast.
 - [Bottoming](#), a LGBTQ+ podcast about rock bottoming and beyond.
 - [Transgender and LGBTQIA+ Mental Health](#), Inside Mental Health Podcast
 - [Making Gay History](#), a podcast where intimate, personal portraits of both known and long-forgotten champions, heroes, and witnesses to history are brought to you from rare archival interviews.
 - [Queery](#), a podcast that explores individual stories of identity, personality and the shifting cultural matrix around gender, sexuality, and civil rights.

- [Queerology](#), a podcast that explores the intersection of faith and sexuality by discussing what it means to be queer as a person of faith with theologians, thought-leaders, writers, psychologists, and change-makers.

*This document is not exhaustive. If you know of a resource or organization that you think should be added to this list, please email us at cbeard@mclean.harvard.edu