Online Resources to Support your Mental Well-Being

**ASHA International – BIPOC Mental Health Resources**
Articles (coping with anticipatory grief, coping with traumatic stress, navigating racial battle fatigue) and an extensive list of resources.

**BIPOC Mental Health Resources | Coordinating Centers of Excellence**
Extensive list of resources developed by the Northeast Ohio Medical University.

**Black Mental Health Alliance**
Resources, events, programs and a “Find a Therapist” locator.

**Black Mental Wellness**
Information and resources about mental health and behavioral health topics from a Black perspective, as well as training opportunities for students and professionals.

**Latinx/Hispanic Communities and Mental Health | Mental Health America (mhanational.org)**

**Latinx Therapy – Mental Health Resources**
Podcasts, YouTube Channels, books

**Liberate - Daily meditation app for the Black experience (liberatemeditation.com)**
Subscription-based meditation app

**Melanin and Mental Health**
Podcasts, books and other resources to support the focused on supporting the Black and Latinx communities, including a “Find a Therapist” locator.

**Ourselves Black**
Provides information on promoting mental health and developing positive coping mechanisms through a podcast, online magazine and online discussion groups.

**POC Online Classroom**
Contains readings on the importance of self-care, mental health care, and healing for people of color and within activist movements.

**Sista Afya**
Organization that provides mental wellness education and resources to support Black women. (Clinical services available only in IL.)

**Therapy for Black Girls**
Podcasts, blogs, and the option of an online group chat dedicated to encouraging the mental wellness of Black women and girls. Includes a “Find a Therapist” locator.

**IUPUI CAPS Self-help Guidebooks and Handouts**
Share-point resource for IUPUI community – specifically helpful sections may include: anxiety and stress, in the moment coping techniques, relaxation, and sleep hygiene.
Educational Resources

- Article: Navigating Racial Battle Fatigue
- Article: Coping with Traumatic Stress
- Article: Coping with Anticipatory Grief
- Video: Social and Behavioral Determinants of Toxic Stress – includes impact of race, discrimination, and socioeconomic factors
- Racism, Bias, and Discrimination – American Psychological Association compilation of information, research, anti-bias actions, books and resources

IUPUI Counseling and Psychological Services

- Group and individual counseling
- Medication management
- Evaluation and testing
- Case management and referral
- Presentations on mental health coping and interpersonal violence prevention

Treatment Directories for community based providers

- Association of Black Psychologists Directory
- Black Mental Health Alliance
- Ebony's Mental Health Resources by State
- Inclusive Therapists
- LGBTQ Psychotherapists of Color Directory
- National Queer and Trans Therapists of Color Network
- Psychology Today Directory of African American Therapists
- Therapy for Black Men