

Mental Health BIPOC Resources

<https://restforresistance.com/read>

From talkspace.com: Rest for Resistance is a [web zine](#) and support group that centers mental health, healing, and self-care for marginalized people, and especially queer and trans people of color. Led by [a collective of trans people of color](#), the zine also provides paid opportunities for marginalized people to express themselves in writing and art.

<https://www.beam.community/theconversation>

Black Emotional and Mental Health Collective- Full of resources including free training videos, specifically for Black people.

[Four-ways-people-of-color-can-foster-mental-health-and-practice-restorative-healing](#)

Thorough list of tips for BIPOC fostering mental health.

<https://www.sistaafya.com>

Thorough mental health resource developed specifically for Black women.

<http://thefocusonyou.com>

Mental health blog written by a Latina therapist.

Approaching therapy as a BIPOC

<https://www.talkspace.com/blog/therapy-for-people-of-color-questions-for-potential-therapists/>

Questions for BIPOC to ask potential therapists.

<https://www.bgdblog.org/2014/12/going-therapy-qtpoc-without-harmed-erased-baffled-therapy-horror-stories-may-heard/>

Tips for protecting yourself when beginning your search for therapy, especially if you're queer.

<https://www.vice.com/en/article/d7pa5j/why-i-left-my-white-therapist>

Essay about typical issues faced by BIPOC with white therapists.

Decolonizing Therapy

<https://calgaryjournal.ca/more/calgaryvoices/4982-decolonizing-mental-health-the-importance-of-an-oppression-focused-mental-health-system.html/>

Describes the importance of BIPOC communities defining what suffering means and ways of healing, rather than relying solely on expert opinions.

<https://www.drjennifermullan.com/>

Website of clinical psychologist whose work focuses on decolonizing therapy. Includes links to her social media posts.

Articles

<https://www.pbs.org/newshour/nation/black-pain-gone-viral-racism-graphic-videos-can-create-ptsd-like-trauma>

Constant coverage of Black people suffering and dying can trigger PTSD.

<https://medium.com/@EBONYMagazine/mental-health-awareness-month-depression-and-the-black-superwoman-syndrome-9bfb299bd7d1>

The pain of strong, Black women.