

## BIPOC MENTAL HEALTH MONTH

JULY 2023



## **Table of Contents**

Letter to Partners	•••••	2
C Mental Health Month		
Background	•••••	4
For Everyone	•••••	5-6
For Youth	•••••	7
For Parents & Caregivers	•••••	8
For Educators & Professionals	•••••	9

## LETTER TO PARTNERS

#### Hi, everyone!

This month, we're recognizing BIPOC (Black, Indigenous, and people of color) Mental Health Month. July's toolkit includes educational resources, tips, and activities to help you support BIPOC mental health and #FreeYourFeels throughout the month. As always, we have the "Take Action" section prompting you to take a small action to improve youth mental health. We have resources explicitly for youth, parents, and educators. We encourage you to share this toolkit with anyone who may find it useful – particularly those who are part of the BIPOC community. Make sure you follow us on Facebook, Instagram, and Twitter to stay up to date with the Free Your Feels campaign!

If you haven't subscribed to receive our email updates, you can do so <u>here</u>.

Thank you for your interest in Free Your Feels and for your support of youth mental health!

### TAKE ACTION

Follow us on Twitter, Instagram and Facebook @FreeYourFeelsGA

## JULY: BIPOC MENTAL HEALTH MONTH

## BACKGROUND

COULT COULT

BIPOC: Black, Indigenous, and people of color. A term used primarily in the United States to encompass non-White communities of color while also elevating the unique experiences and struggles faced by Black and Indigenous individuals.

Rates of death by suicide are <u>rising faster among people of color</u> compared to their White counterparts. Between 2010 and 2020, suiciderelated death rates among adolescents more than doubled for Asian adolescents and nearly doubled for Black and Hispanic adolescents.

July is BIPOC Mental Health Awareness Month. Although mental health affects all communities indiscriminately, the BIPOC community continues to experience increasing mental health concerns and barriers to accessing quality mental health services. July is a time to amplify the experiences of BIPOC individuals and work together to support this community's growing mental health needs.



## FOR EVERYONE

Mental Health America offers a free, anonymous, and confidential mental health screening tool on its website. This tool can be used to determine if you may be experiencing symptoms of a mental health condition and know where to go for help if needed.

### TAKE ACTION

Visit <u>this page</u> to learn more and take the screening.

## **Take a Mental Health Test**

Online screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition.

Mental health conditions, such as depression or anxiety, are real, common and treatable. And recovery is possible.



## FOR EVERYONE

Also from Mental Health America: a recently released collection of resources specifically for the BIPOC community. Over 50 unique resources are offered, covering a range of mental health supports for BIPOC individuals, including culturally and linguistically responsive therapy, readymade graphics to promote BIPOC mental health, information for immigrants, and more.

#### TAKE ACTION

Peruse this <u>comprehensive list</u> of resources and further explore the ones that you feel could best support you!

#### **RESOURCES FROM MENTAL HEALTH AMERICA**

- BIPOC Mental Health Blog: 4 Things That Can Improve Your
- Community's Mental Health
- Blog: Empowering Yourself and Your Community
   of Color
- Blog: Here's How You Can Address Both Mental
- Health and Hunger in Your Community
   Blog: We Build Our Community, and Then It Builds
- Us
- Calls to Action for BIPOC Mental Health
- Community Care
   Connect with Others

Webpages

- Culturally-Based Practices
- Health Care Disparities Among Black, Indigenous, En E
- and People of Color
- How to Be An Ally in the Fight Against Racial
- Justice
- How to Find an Anti-Racist Therapist
- MHA Peer Programs
   Racial Trauma
- Racism and Mental Health
- Social Determinants of Health
- Take a Mental Health Test

#### **EXTERNAL RESOURCES**

- American Civil Liberties Union
- APA: Working with Immigrant Origin Clients
- Black Emotional and Mental Health Collective
- (BEAM)
- Brown Boi Project
- Brown Girls Rise
   Clinicians of Color
- Community Building Toolkits
- Ethel's Club
- Eireweed Collective
- Health Coverage for Immigrants
- Human Rights Campaign: OTBIPOC Mental Health and Wellness
- Inclusive Therapists
- Informed Immigrant: Mental Health for
  - Immigrants
- Inspire
- Latinx Therapy
   LGBTQ Psychotherapists of Color
- Luf App

#### 2023 May

- 2023 May is Mental Health Month Toolkit: Look Around, Look Within 2022 BIPOC Mental Health Toolkit: Beyond the
- Numbers
- 2021 BIPOC Mental Health Toolkit: Strength In Communities
- 2020 BIPOC Mental Health Toolkit: Impact of Trauma
- 2019 BIPOC Mental Health Toolkit: Depth of My Identity
- 2018 BIPOC Mental Health Toolkit: My Story My Way

#### En Español

- Prueba de Ansiedad
- Prueba de Depresión
   Recursos En Español
- Recursos En Español

#### L RESOURCES

- My Undocumented Life
- Nalgona Positivity Pride
   National Network for Immigrant and Refugee
  Rights
- National Queer and Trans Therapists of Color Network
- En Espanol: Nacional Queer & Trans Red de Terapeutas de Color
- Project LETS
- Recovery Dharma- BIPOC
   Rest for Resistance
- Safe Spaces
  - Sista Afya
  - Supportiv
  - Therapy in Color The Steve Fund
  - TrevorSpace
  - United We Dream
  - Visibility Project



## FOR YOUTH

The Black Emotional and Mental Health Collective (BEAM) focuses on Black healing through education, training, and advocacy. Their website offers a black virtual wellness directory, a peer support space directory, virtual and/or inperson training, and community events.



TAKE ACTION

Check out <u>this bank</u> of wellness tools, featuring tips for selfde-escalation, journal prompts, reflection questions, and more.





# FOR PARENTS & CAREGIVERS



Ser Familia, an Atlanta-based nonprofit organization, offers free services to equip Latinos with the tools, resources, and skills they need to move from crisis to thriving. They recently opened a Family Resource Center in their newest Clayton County office; C.A.F.E. (Centro de Asistencia Familiar y Emocional) is a center where Latino families can receive the assistance needed in their language and according to their culture.

COUNSELING SERVICES			
Ser Familia is pleased to offer counseling services for youth, couples, individuals, and families. We offer			
a range of behavioral and mental health therapies aimed at improving self-esteem, relationships with others, and dealing with life events. Our therapists take a client-centered approach taking into account	+ WHAT WE DO		
the person as a whole: body, spirit and mind, and use therapeutic interventions tailored to the client's individual needs.	Ser Familia's Model		
We also offer Individual Play Therapy for children. These therapies help prevent or resolve emotional difficulties and promote optimal growth development.	Couples Programs		
	Youth Programs		
We Offer	Parenting Program	-	
Individual therapy for children and adolescents     Individual therapy for adults	Family Program		
Types of Interventions	Georgia Latinos Against Domestic Violence		
<ul> <li>Positive Coping Skills Development</li> </ul>	Counseling Services		TAKE ACTION
Cognitive Behavioral Therapy     Play Therapy			
We use cookies to ensure that we give you the best experience on our website. If you continue to use this site we will assume that you are happ	ywenik ok Be Privacyje 🗉 Spanish	/	
Person-Centered Therapy	C.A.F.E.		Visit <u>this page</u> to learn
Trauma-Informed Therapy	Program FAQs		visit <u>tills page</u> to leath
Other individualized therapeutic interventions	Program FAQs		
<ul> <li>Eyes Movement Desensitization and Reprocessing (EMDR)</li> </ul>			more about their
Specialties	Meet Ser Familia's Therapy Dog I		
<ul> <li>Mental and Behavioral health issues</li> </ul>	Clousse		counseling services aimed
Acculturation Issues			
Attention-Deficit/ Hyperactivity Disorder (ADHD)			at improving self-esteem,
Anger Management     Anxiety			at improving self-esteem
Bipolar Disorder			
Codependency	and the second		
Depression and other Mood Disorders			relationships with others,
Impulse Control Disorders			Toracionsinps with othors, •
Obsessive-Compulsive Disorder (OCD)			
<ul> <li>Posttraumatic Stress Disorder (PTSD)</li> </ul>	Play Thereby at Ser Familia I		and dealing with life
Self Esteem Issues			
Sexual Abuse			
<ul> <li>Stressful life circumstances</li> </ul>			events.
Teen Violence			events.
Trauma			
Relationship Challenges     Marriage Councelling			
Marriage Counseling			
Marriage Counseling     Infidelity			
Marriage Counseling			

FOR URGENT SUPPORT TEXT OR CALL 988, OR CALL THE GA CRISIS AND ACCESS LINE: 1-800-715-4225

# FOR EDUCATORS & PROFESSIONALS



Earlier this year, the Mental Health Technology Transfer Center (MHTTC) recorded a wellness workshop specifically for BIPOC-identifying school mental health professionals and their allies. This session discusses how professionals in school settings can lead inclusively and effectively while also prioritizing self-care and wellness. Access the recording by signing up and downloading the video <u>here.</u>



A separate MHTTC training titled "Secondary Traumatic Stress & BIPOC Educator Well-Being" is available for immediate access (no registration required) by <u>clicking here.</u>



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## **QUESTIONS? CONTACT**

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