



BIPOC

**RESOURCE
TOOLKIT**

JULY 2022



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JULY RESOURCE TOOLKIT



Happy Summer!

July is Black, Indigenous, and People of Color (BIPOC) mental health awareness month! We are all similarly affected by mental health issues, however, in the U.S. BIPOC tend to have less access to quality care services. As we share information and resources with you in this toolkit, we reflect on what we can do to champion mental health care for everyone.

TAKE ACTION

Check our Instagram on Mondays at noon to participate in our weekly poll and get entered to win FREE, Free Your Feels swag!

This month's toolkit will also include some tips and activities to help you #FreeYourFeels during July. 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 for educators. Feel free to share this toolkit with anyone who may find it useful – and make sure you follow us on Facebook, Instagram, and Twitter to stay up to date with Free Your Feels!

FOR YOUTH/TEENS



If you want or need to talk to a professional, there are free options and resources available to connect you with culturally competent, quality care. Check out these resources below!

The Boris Lawrence Henson Foundation facilitates a [virtual support group](#) for bi-racial young people.

The Asian Mental Health Collective can [connect you with a therapist in the U.S.](#) and you can [find more resources](#) at AAHI Resources - Asian American Health Initiative (aahiinfo.org).

The Black Emotional Mental Health Collective [has resources to “build up your toolbox for your wellness”](#) specifically for Black people and Therapy for Latinx share [mental health screenings for youth and parents.](#)

BIPOC MENTAL HEALTH RESOURCES

July is BIPOC (Black, Indigenous, People of Color) Mental Health Month.

The Mental Health Coalition is dedicated to addressing the mental health needs of the BIPOC community, and we know that society's work is far from over in creating culturally informed, quality mental health equity for all.

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

For immediate text support, reach out to **Crisis Text Line** by texting COALITION to **741741** to connect with a Crisis Counselor for free 24/7. You can also call National Suicide Prevention Lifeline at 1-800-273-8255. It's free and highly confidential, unless it's essential to contact emergency services to help you or your friend stay safe.
Nacional de Prevención del Suicidio 1-888-628-9454

The graphic features a dark background with diagonal stripes in shades of brown, orange, and yellow on the left side. The text is white and yellow.

TAKE ACTION

Take a look through this [awesome guide](#) and [check out 1-2 of their resources.](#)



FOR URGENT SUPPORT CALL OR DOWNLOAD GCAL: 1-800-715-4225



FOR YOUTH/TEENS



Many young people today are actively thinking about wellness. This awareness is a great step in the right direction, and we are now starting to better understand why we need to prioritize our mental health. That doesn't mean that we all know how exactly to bring it up and make sure our friends are okay. DoSomething put together [a practical guide](#) on how to check in on others, including conversation starters and tips to care for each other.



TAKE ACTION

Watch this video by the young Black men at VOX ATL as they remind us why it's important to check-in with one another.



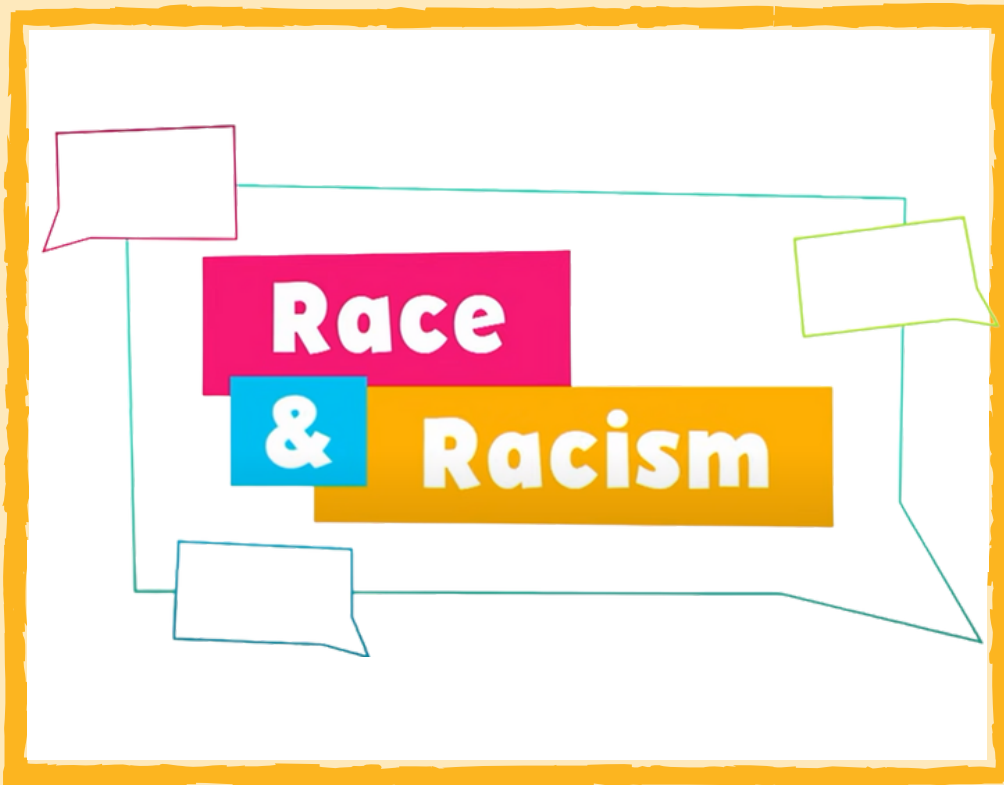
FOR URGENT SUPPORT CALL OR DOWNLOAD GCAL: 1-800-715-4225



PARENTS OF SCHOOL-AGED YOUTH



It's never too early (or too late) to talk to your child about race. Whether you are BIPOC or not, your life experiences are impacted by what you look like. Experiences and circumstances impact your mental health and your access to good, quality, mental health care. This month, we challenge you to have a conversation with your child about race and what it means to be different.



TAKE ACTION

Get inspired by this Award-Winning video created by PBS Kids and talk to your kid about race, racism and identity.



FOR URGENT SUPPORT CALL OR DOWNLOAD GCAL: 1-800-715-4225



PARENTS OF INFANTS & TODDLERS



There are many barriers BIPOC people face when seeking out mental health care and focusing on wellness. Being a parent can be an additional stressor as you may prioritize taking care of your kids over taking care of yourself. Making sure you have the tools to cope with your own mental and emotional experiences will leave you in better condition to take care of those you love. Check out CO4Kids' [post about mental health resources for BIPOC parents](#) – and find a tip that may be useful for you.



TAKE ACTION

[Download The Safe Place \(Android\)](#) / [The Safe Place \(Apple\)](#) – an app bringing awareness, education and hope about mental health in the Black community.



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PARENTS OF INFANTS & TODDLERS



Do you want to prioritize your and your family's wellness, but don't know where or how to start? On Our Sleeves has put together [self-care tips for Black families](#), which include signs and symptoms to look out for that may indicate high-stress levels. There are also ideas on how to talk to your family about stress and other emotions. If you decide you want to seek professional help, the guide includes considerations for finding culturally competent care.



TAKE ACTION

Read through the [self-care tips](#) and, if needed, use [this guide](#) to find a culturally-informed therapist!



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PROVIDERS/EDUCATORS OF SCHOOL-AGED YOUTH

FREE
your
FEELS™

When we are young and start to think about who we are, we often look to others to understand who we can be. We usually look to others who we can relate to – maybe they look like us, they sound like us or they're from the same place as us. Role models help us feel good about our identities and that people like us can be successful. In the U.S. most teachers are white, so BIPOC students have fewer options when it comes to teachers to look up to. If you're in a position of power in a school, [read this guide to better retain BIPOC educators.](#)



TAKE ACTION

If you're working directly with youth, prompt them to think about who they want to be like and why they admire this person.



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PROVIDERS/EDUCATORS OF SCHOOL-AGED YOUTH



Getting to know your students is one of the most rewarding aspects of working with youth. By teaching them your subject expertise and helping them understand new ideas, you get to learn about their perspectives and worldviews! However, sometimes, students aren't sure they are able to share their real thoughts and feel like adults don't fully hear them. It becomes easier for them to engage with your material and have open classroom conversations when they feel you will really listen to them.

We asked our teens and young adults
what they needed to feel heard



TAKE ACTION

[Watch this video from VOX ATL's youth team about what makes them feel heard!](#)



FOR URGENT SUPPORT CALL OR DOWNLOAD GCAL: 1-800-715-4225



PROVIDERS/EDUCATORS OF INFANTS AND TODDLERS



When we try to make sense of the world around us. We notice differences and create categories in our minds to better understand and remember what different things are. This is a normal part of learning. Young kids notice that they don't all look the same. If we don't talk to them about differences, including race, they will learn from someone else or through something else.

[Take a look at one kindergarten teacher's post about how she sees, notices and talks about differences with young children.](#)



TAKE ACTION

[If the child\(ren\) in your life like Sesame Street, play your way through this activity guide to help your little one celebrate their unique identity!](#)



FOR URGENT SUPPORT CALL OR DOWNLOAD GCAL: 1-800-715-4225





FREE
your
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