

BIPOC MENTAL HEALTH MONTH

JULY 2023



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LETTER TO PARTNERS

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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

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, suicide-related 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.

AKE ACTION Peruse this

comprehensive list 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
- Blog: Here's How You Can Address Both Mental Health and Hunger in Your Community
- Blog: We Build Our Community, and Then It Builds
- Community Care
- Connect with Others Culturally-Based Practices
- Health Care Disparities Among Black, Indigenous, and People of Color
- How to Be An Ally in the Fight Against Racial
- How to Find an Anti-Racist Therapist
- MHA Peer Programs
- Racial Trauma
- Social Determinants of Health
- Racism and Mental Health

- 2023 May is Mental Health Month Toolkit: Look Around, Look Within
- 2022 BIPOC Mental Health Toolkit: Beyond the
- 2021 BIPOC Mental Health Toolkit: Strength In

En Español

- Prueba de Ansiedad
- Prueba de Depresión

EXTERNAL RESOURCES

- American Civil Liberties Union
- APA: Working with Immigrant Origin Clients
- Brown Boi Project
- Brown Girls Rise
- Clinicians of Color
- Community Building Toolkits
- Fireweed Collective
- Health Coverage for Immigrants
- Human Rights Campaign: QTBIPOC Mental
- nformed immigrant: Mental Health for

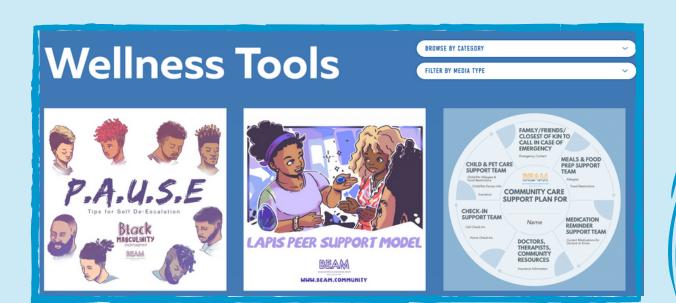
- Latinx Therapy
- LGBTO Psychotherapists of Color

- My Undocumented Life
- Nalgona Positivity Pride
- National Network for Immigrant and Refugee
- National Queer and Trans Therapists of Color
- En Espanol: Nacional Queer & Trans Red de
- Terapeutas de Color
- Project LETS
- Recovery Dharma- BIPOC
- Rest for Resistance

- 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.



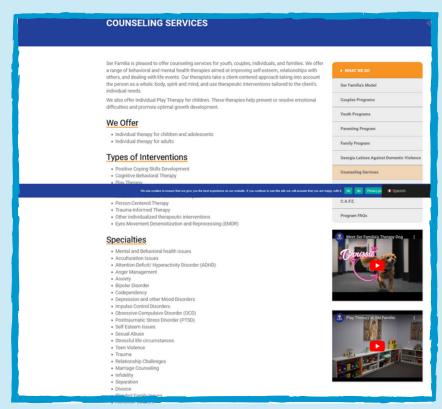
TAKE ACTION

Check out this bank of wellness tools, featuring tips for self-de-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.





TAKE ACTION

Visit this page to learn more about their counseling services aimed at improving self-esteem, relationships with others, and dealing with life events.



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 here.

TAKE ACTION

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



