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**BIPOC
MENTAL
HEALTH**

RESOURCE TOOLKIT



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BIPOC MENTAL HEALTH

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*All data and links were accurate at the time of publication, but may change over time.



**BIPOC
MENTAL
HEALTH**

INTRO



July is BIPOC Mental Health Month, a time to recognize and uplift the unique mental health experiences, resilience, and strengths of Black, Indigenous, and People of Color (BIPOC) communities. While historical and systemic challenges have impacted mental health, BIPOC communities continue to demonstrate perseverance, cultural wisdom, and collective healing practices. This month's toolkit is designed to provide resources for youth and adults seeking to deepen their understanding of BIPOC mental health, offering insights and tools to celebrate and amplify BIPOC voices.

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INTRO



Highlighting mental health in BIPOC communities can look like celebrating cultural strengths, embracing healing traditions, and recognizing how resilience is shaped by lived experiences— such as the effects of racism and generational trauma. By prioritizing well-being and supporting one another, we create spaces for healing and empowerment. Here are a few ways to get started this month:

1. **Prioritize Your Well-Being**

Your health is shaped by your surroundings, culture, and experiences. Find ways to feel calm and connected – whether through journaling, prayer, movement, nature, or time with supportive people.

2. **Build Community**

Connecting with others can be healing. Check in on someone, share a meal, or simply laugh with loved ones. Showing up, listening, and supporting each other reminds us that we're not alone.

3. **Use Your Voice**

Advocacy looks different for everyone. Whether you write to legislators, support mental health at work or school, or share your experiences, every action helps create a world where mental health is valued and protected.

FOR EVERYONE



The “Advocate for Mental Health” fact sheet from Mental Health America empowers BIPOC communities to take action in workplaces, schools, and local spaces by promoting culturally responsive mental health support. It highlights simple yet impactful ways to advocate, from sharing resources to encouraging policy changes that reflect diverse needs.

ACTION:

Explore the fact sheet to find practical steps for creating more inclusive mental health spaces.



BONUS ACTION:

You can find this factsheet, along with many other worksheets and activities, by downloading the full Mental Health America BIPOC Month 2025 Toolkit!



QUICK TIPS: ADVOCATE FOR MENTAL HEALTH AT WORK, SCHOOL, OR IN YOUR COMMUNITY

Your voice is a powerful tool for mental health advocacy, and you don't need a title or a megaphone to have an impact. Change can start with a one-on-one conversation, a shared flyer, or a simple question: "What support would help you feel seen?"

In the workplace

- Ask HR to include mental health resources in internal emails or newsletters, or display them in common areas
- Encourage leadership to offer mental health days or flexible schedules during high-stress times
- Use employee resource groups (ERGs) or staff meetings to start conversations about what support looks like, especially across different cultures and communities

In schools

- Recommend wellness options like journaling corners, healing circles, or quiet spaces for rest
- Advocate for mental health staff who reflect and understand the students they serve
- Encourage training on positive discipline and restorative justice
- Share screening tools and culturally relevant mental health resources with students, families, and faculty

In the community

- Drop off flyers or hang posters at places where people gather, like barbershops, salons, places of worship, grocery stores, or laundromats
- Work with local community groups, clinics, or businesses to host mental health screenings, healing circles, or storytelling events
- Attend public meetings in your community and speak up about the need for access to mental health care

From your home

- Join Mental Health America's Advocacy Network to get notifications about action alerts. These alerts are an easy way to contact your legislators and support mental health access by communicating online
- Contact your local Mental Health America affiliate to see how you can support them

Learn more: mhanational.org/bipoc

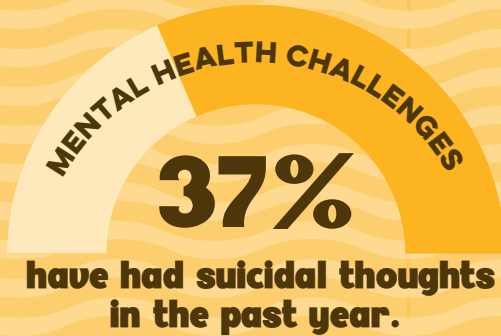
Take a free mental health test: mhascreening.org

FOR YOUTH



The AAKOMA Project's latest study, the largest of its kind, gives insight into the mental health experiences of BIPOC youth and young adults (ages 13-25). With **8,651 participants**, this research helps fill gaps in understanding mental health within diverse communities. Key Findings include:

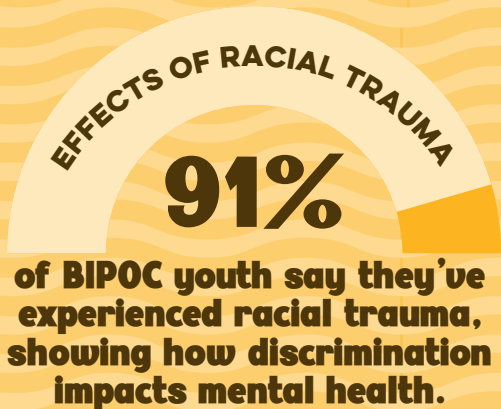
Over half of BIPOC youth report moderate to severe depression or anxiety, and



STRENGTH AND HOPE:

Despite challenges
61.1%
have someone who loves them, and

57.8%
feel hopeful about their future.



ACTION:

Check out the full report to learn more, see key findings, and find ways to support mental health (both for yourself and your friends!) [here](#)

FOR PARENTS & CAREGIVERS



The “Empowering BIPOC Caregivers With Essential Mental Health Resources” webpage provides culturally tailored guidance for caregivers supporting children with mental health challenges. With 20 lessons and insightful audio clips, it addresses unique stressors faced by BIPOC families while promoting community and resilience.



Blueprint for BIPOC Caregivers of Children with Mental Health Issues Archives

Family caregivers are a diverse group caring for equally diverse populations, yet most family caregiver education treats all caregivers alike. Cultural perspectives that differ across racial and ethnic groups...

Caregiver Action Network

ACTION:

Access the free resources, including the Blueprint for BIPOC Caregivers, to learn practical strategies and connect with a supportive network of caregivers.



FOR EDUCATORS & PROFESSIONALS



Mental Health America's BIPOC Webinars explore topics like Black joy, Native American healing practices, and culturally responsive mental health care. These sessions provide valuable insights for BIPOC individuals and allies looking to learn more and build stronger community support.

ACTION:

Join a webinar to learn, connect, and advocate for mental health equity. You can find more details [here](#).



BIPOC webinars

Connecting your mind, body, and surroundings: Nature as a form of healing



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