

FREE
your
FEELSTM

**BIPOC
MENTAL
HEALTH
MONTH**

JULY 2023



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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 [here](#).

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
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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 rising faster among people of color 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 URGENT SUPPORT TEXT OR CALL 988, OR
CALL OR DOWNLOAD GCAL: 1-800-715-4225**



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 [this page](#) 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, ready-made graphics to promote BIPOC mental health, information for immigrants, and more.

TAKE ACTION

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



RESOURCES FROM MENTAL HEALTH AMERICA

Webpages

- [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](#)
- [Culturally-Based Practices](#)
- [Health Care Disparities Among Black, Indigenous, 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](#)

Toolkits

- [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](#)

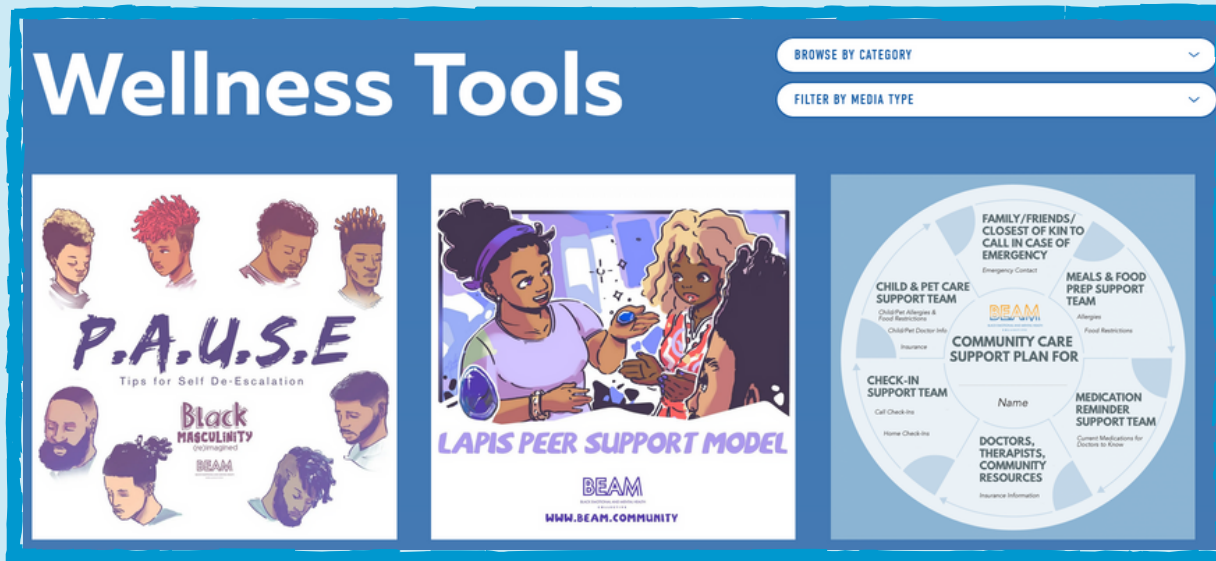
EXTERNAL RESOURCES

- [American Civil Liberties Union](#)
- [APA: Working with Immigrant Origin Clients](#)
- [Black Emotional and Mental Health Collective \(BEAM\)](#)
- [Brown Bai Project](#)
- [Brown Girls Rise](#)
- [Clinicians of Color](#)
- [Community Building Toolkits](#)
- [Ethel's Club](#)
- [Fireweed Collective](#)
- [Health Coverage for Immigrants](#)
- [Human Rights Campaign: QTBIPOC Mental Health and Wellness](#)
- [Inclusive Therapists](#)
- [Informed Immigrant: Mental Health for Immigrants](#)
- [Inspire](#)
- [Latinx Therapy](#)
- [LGBTQ Psychotherapists of Color](#)
- [My Undocumented Life](#)
- [Naijona Positivity Pride](#)
- [National Network for Immigrant and Refugee Rights](#)
- [National Queer and Trans Therapists of Color Network](#)
- [En Español: 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 in-person training, and community events.



TAKE ACTION

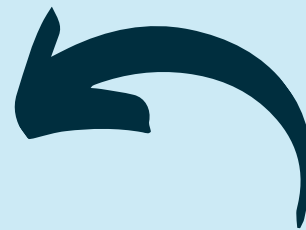
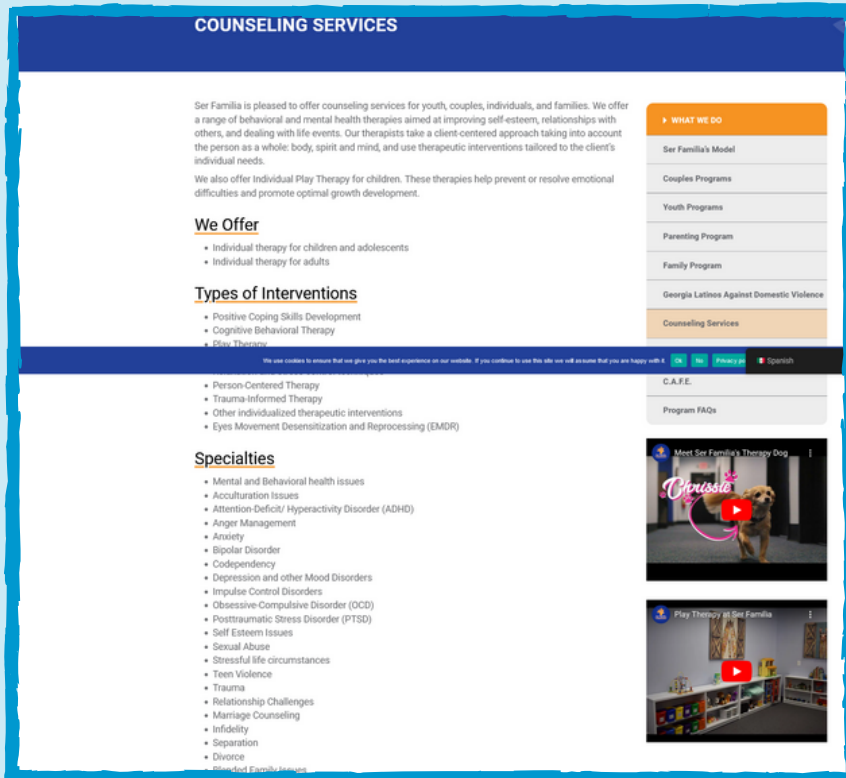
Check out [this bank](#) of wellness tools, featuring tips for self-de-escalation, journal prompts, reflection questions, and more.



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.



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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](#).





QUESTIONS? CONTACT

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