

## **Online Resources to Support your Mental Well-Being**

### [ASHA International – BIPOC Mental Health Resources](#)

Articles (coping with anticipatory grief, coping with traumatic stress, navigating racial battle fatigue) and an extensive list of resources.

### [BIPOC Mental Health Resources | Coordinating Centers of Excellence](#)

Extensive list of resources developed by the Northeast Ohio Medical University.

### [Black Mental Health Alliance](#)

Resources, events, programs and a “Find a Therapist” locator.

### [Black Mental Wellness](#)

Information and resources about mental health and behavioral health topics from a Black perspective, as well as training opportunities for students and professionals.

### [Latinx/Hispanic Communities and Mental Health | Mental Health America \(mhanational.org\)](#)

Resources, book recommendations, and Therapist Directory.

### [Latinx Therapy – Mental Health Resources](#)

Podcasts, YouTube Channels, books

### [Liberate - Daily meditation app for the Black experience \(liberatemeditation.com\)](#)

Subscription-based meditation app

### [Melanin and Mental Health](#)

Podcasts, books and other resources to support the focused on supporting the Black and Latinx communities, including a “Find a Therapist” locator.

### [Ourselves Black](#)

Provides information on promoting mental health and developing positive coping mechanisms through a podcast, online magazine and online discussion groups.

### [POC Online Classroom](#)

Contains readings on the importance of self-care, mental health care, and healing for people of color and within activist movements.

### [Sista Afya](#)

Organization that provides mental wellness education and resources to support Black women. (Clinical services available only in IL.)

### [Therapy for Black Girls](#)

Podcasts, blogs, and the option of an online group chat dedicated to encouraging the mental wellness of Black women and girls. Includes a “Find a Therapist” locator.

### [IUPUI CAPS Self-help Guidebooks and Handouts](#)

Share-point resource for IUPUI community – specifically helpful sections may include: anxiety and stress, in the moment coping techniques, relaxation, and sleep hygiene.

## Educational Resources

- Article: [Navigating Racial Battle Fatigue](#)
- Article: [Coping with Traumatic Stress](#)
- Article: [Coping with Anticipatory Grief](#)
- Video: [Social and Behavioral Determinants of Toxic Stress](#) – includes impact of race, discrimination, and socioeconomic factors
- [Racism, Bias, and Discrimination](#) – American Psychological Association compilation of information, research, anti-bias actions, books and resources

## IUPUI Counseling and Psychological Services

- Group and individual counseling
- Medication management
- Evaluation and testing
- Case management and referral
- Presentations on mental health coping and interpersonal violence prevention

## Treatment Directories for community based providers

- [Association of Black Psychologists Directory](#)
- [Black Mental Health Alliance](#)
- [Ebony's Mental Health Resources by State](#)
- [Inclusive Therapists](#)
- [LGBTQ Psychotherapists of Color Directory](#)
- [National Queer and Trans Therapists of Color Network](#)
- [Psychology Today Directory of African American Therapists](#)
- [Therapy for Black Men](#)