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**BIPOC  
MENTAL  
HEALTH**

**RESOURCE TOOLKIT**



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**BIPOC  
MENTAL  
HEALTH  
MONTH**

# INTRO



July is BIPOC Mental Health Month, a time to recognize and honor the unique mental health experiences and viewpoints of the Black, Indigenous, and People of Color (BIPOC) communities. These communities have faced a long history of discrimination, systemic disparities, and social injustices, all of which have significant impacts on mental health.

This month's toolkit will concentrate on providing resources for adults and young people interested in gaining a deeper understanding of BIPOC mental health and wish to support themselves and/or others. We also hope this toolkit will serve as a valuable source of information and resources to help celebrate and amplify BIPOC voices and experiences.

## ACTION:

Learn more about Bebe Moore-Campbell's BIPOC Mental Health Month [here!](#)



FOR URGENT SUPPORT [TEXT OR CALL 988](#), OR  
CALL OR DOWNLOAD GCAL: 1-800-715-4225



# BACKGROUND



- In 2020, 44% of non-white individuals reported that racial discrimination was a significant source of daily stress.
- Black Americans are **twice** as likely to report feelings of sadness, hopelessness, and worthlessness as their white counterparts.
- Differences in language and cultural beliefs can also make a huge difference in the quality of care provided. For instance, terms like “anxiety and depression” **do not** always translate well in other languages.

BIPOC communities also have disparities within mental health care, with less than 17% of mental health providers belonging to a BIPOC community. Creating disconnects or a lack of cultural understanding, which can discourage people from seeking help.

These statistics highlight the importance of addressing mental health issues among BIPOC individuals and continue the effort to reduce stigma, improve access to care, and address systemic inequities.

BIPOC COMMUNITY	US POPULATION	BATTLING MENTAL ILLNESS/HEALTH	PROVIDERS WITHIN THE BIPOC COMMUNITY
<b>BLACK</b>	<b>13.6%</b>	<b>17%</b>	<b>5%</b>
<b>INDIGENOUS / NATIVE</b>	<b>1.3%</b>	<b>13%</b>	<b>0.13%</b>
<b>LATINX / HISPANICS</b>	<b>19.1%</b>	<b>15%</b>	<b>7%</b>
<b>ASIAN</b>	<b>6.3%</b>	<b>23%*</b>	<b>3%</b>
<b>PACIFIC ISLANDER</b>	<b>0.3%</b>	<b>*STAT COMBINED WITH ASIAN POPULATION</b>	<b>0.3%</b>

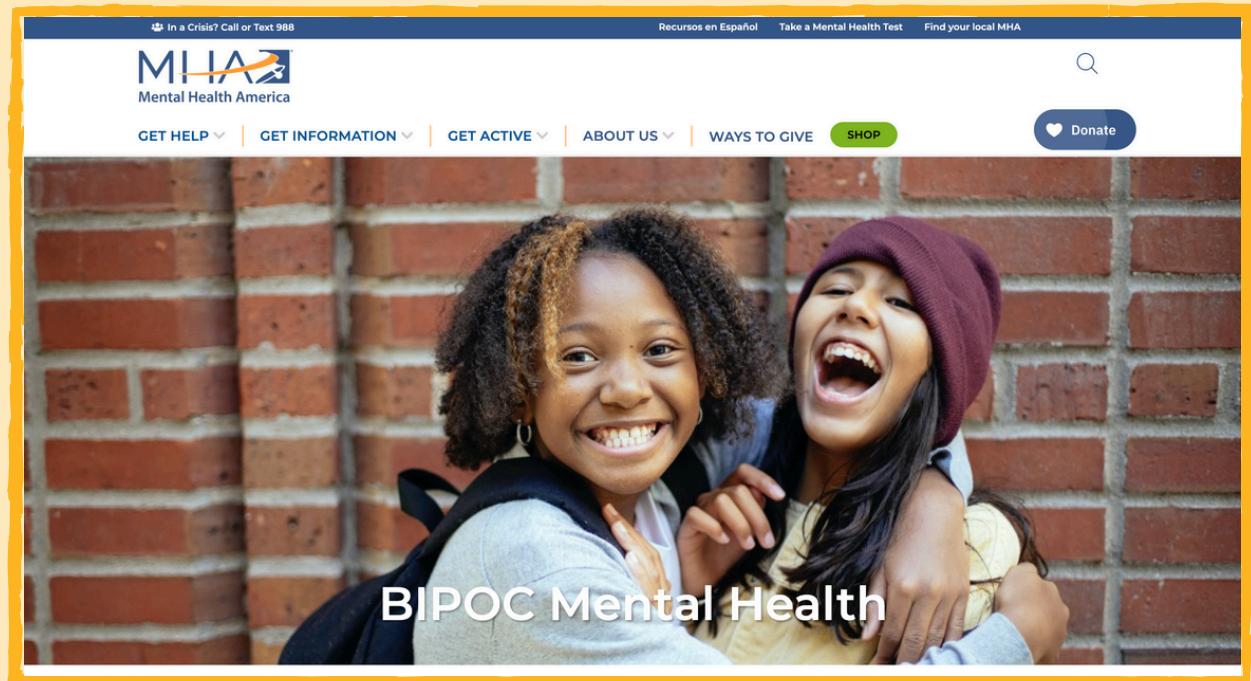
# FOR EVERYONE



Everyone can play a role in shaping societal attitudes towards mental health. The use of terms like “minority” or “marginalized” can perpetuate negative images and stereotypes of individuals that identify as BIPOC. By understanding and acknowledging these unique experiences, the general public can contribute to a more inclusive and supportive environment for BIPOC mental health.

## ACTION

Mental Health America has a BIPOC Mental Health Resource Center which provides a wealth of information on BIPOC mental health, including statistics, infographics, and policy issues relevant to these communities.



# FOR YOUTH



In 2022, the Children's Partnership and the National Black Women's Justice Institute released a report titled "Youth-Centered Strategies for Hope, Healing, and Health". This report was a product of a youth-led policy council that worked to elevate the voices of Black, Indigenous and People of Color (BIPOC) youth in developing policy solutions to address their own mental health needs and advance the mental health of all youth.

## ACTION

To read the report, to explore practical measures for tackling the issue, and possibly to spark your own advocacy journey – [click here!](#)



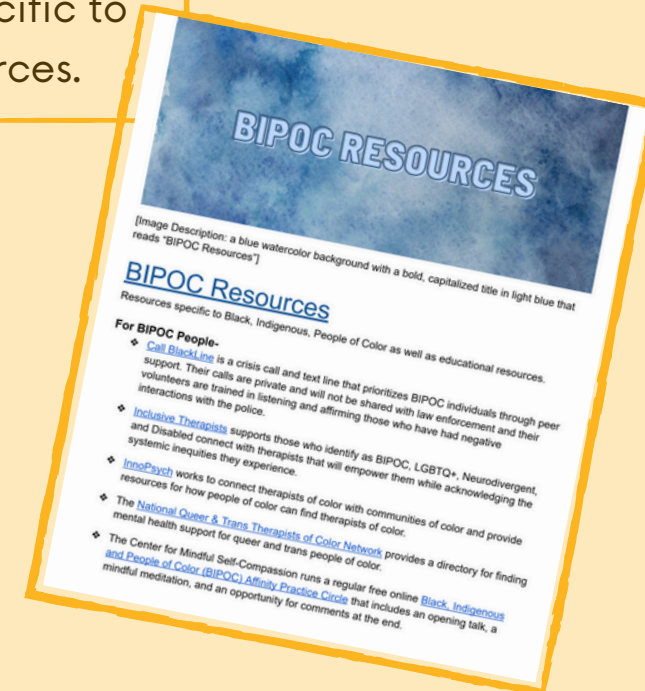
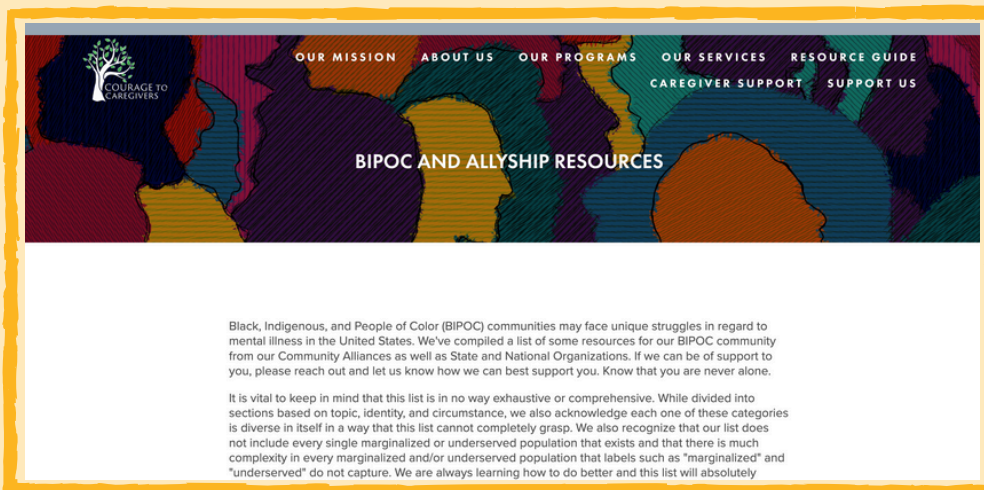
# FOR PARENTS & CAREGIVERS



Parents and caregivers play a crucial role in supporting the mental health of BIPOC children. There are resources available to help BIPOC parents and caregivers.

## ACTION:

Courage to Caregivers provides a list of resources for the BIPOC community. Although this initiative originated in Ohio and includes resources specific to that state, it also provides numerous nationwide initiatives and resources.





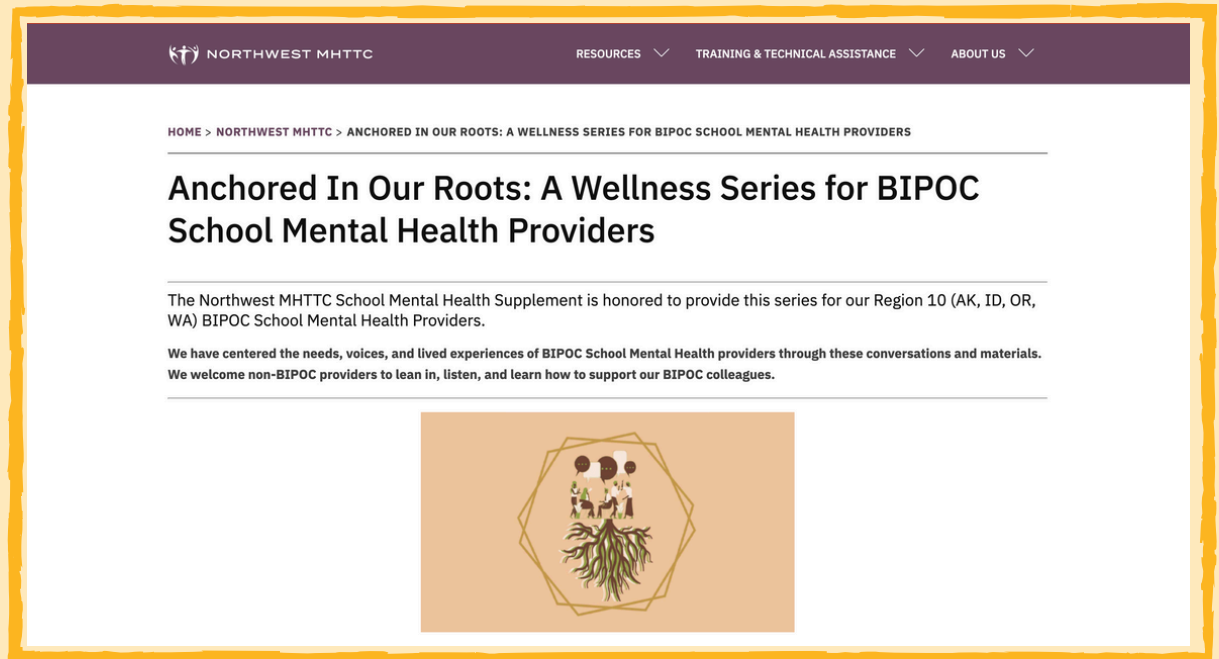
# FOR EDUCATORS & PROFESSIONALS



“Anchored In Our Roots” is a wellness program specifically designed for and by BIPOC School Mental Health Providers. This series aims to equip these professionals with resources to understand the complexities of their roles and strategies to ground their wellbeing in their cultural and ancestral heritage.

## ACTION

Explore the full series through carefully created and curated conversations and materials. Non-BIPOC providers are invited to lean into this series, listen, and learn how to support BIPOC colleagues.





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## QUESTIONS? CONTACT

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