

Mental Health Support Resources (these are the names not the URL links)

APISAA Therapist Directory

The Asian, Pacific Islander, and South Asian American (APISAA) Therapist Directory is a resource to help Asian, Pacific Islander and South Asian Americans facilitate their search for a therapist.

BetterHelp

A paid online portal that provides access to mental health services, including online counseling, phone, and text communication.

Boris Lawrence Henson Foundation

The Boris Lawrence Henson Foundation is a nonprofit organization committed to changing the perception of mental illness in the African American community by encouraging those who suffer with this debilitating illness to get the help they need.

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Disaster Distress Helpline

Provides free, immediate crisis counseling for people experiencing emotional distress related to a natural or human-caused disaster. Available 24/7.

Free Black Therapy

Connecting Black therapists with Black and African American individuals who lack adequate funds or health insurance. Absolutely free.

Inclusive Therapists

Inclusive Therapists offers a safer, simpler way to find a culturally responsive, social justice-oriented therapist.

Latinx Therapy

Latinx Therapy is a multimedia community that destigmatizes mental health myths, provides education to eliminate taboos of therapy, and advocates to combat mental health stigmas through a bilingual podcast, and a directory of Latinx Therapists for easier accessibility to services.

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National Queer and Trans Therapists of Color Network (NOTTCN)

NOTTCN works to increase access to healing resources for QTPOC.

SAMHSA Treatment Locator

A free, confidential resource to find support for substance use and other mental health challenges. Available 24/7.

South Asian Mental Health Initiative and Network (SAMHIN)

SAMHIN, a non-profit organization, addresses a broad range of mental health needs of the South Asians in the U.S. including offering support groups, directory of South Asian mental health providers and a Helpline.

Subtle Asian Mental Health

SAMH is a Facebook group made up of over 58,000 members of the Asian communities from all over the world. This is a safe, open, inclusive, and non-judgemental space to share thoughts and feelings about anything, especially mental health.

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Talkspace

A paid online text therapy platform that provides 24/7 access to licensed therapists who cover a broad range of mental health services.

Therapy Aid

A platform that connects essential workers and those impacted by natural disasters and crises with free or low-fee therapy sessions.

The Trevor Project

A safe, judgement free support service for LGBTQ and questioning youth who are struggling or thinking about suicide. Available 24/7.

Trans Lifeline

A free peer support phone service run by trans people for the trans community, that operates from 10am to 5am EST.

Warmline Directory

A Warmline is a free peer-run hotline that offers callers emotional support, staffed by volunteers with lived experience.