



MIND HEALTH

# Honoring Lived Experience:

## Cultural Mental Health

Honoring lived experience refers to the importance of understanding people within the context of their lives. This includes acknowledging the role of cultural identities and values, individual, social, and societal aspects of life, and the intersection between individual and environmental factors on our overall mental and emotional well-being.

July is BIPOC Mental Health Month which is designed to increase awareness about the unique mental health related challenges and realities facing racial and ethnically diverse individuals and communities, particularly with in the United States.

The list that follows is not exhaustive, but below you'll find a curated list of cultural health resources that offer information about taking care of your mental health and wellness.



### General Mental Health Information

- [BIPOC \(Mental Health America\)](#)
- [Four Ways Culture Impacts Mental Health](#)
- [Prioritizing Minority Mental Health](#)
- [This is What Racial Trauma Does to the Body & Brain](#)
- [National Minority Mental Health Awareness Month](#)



### Find a Therapist

- [Asian Mental Health Collective](#)
- [InnoPsych - Therapists of Color](#)
- [Open Path Collective](#) (Low-cost counseling services)
- [Pride Counseling](#)
- [Psychology Today](#)
- [Therapy for Black Girls](#)
- [Therapy for Black Men](#)
- [Therapy for Latinx](#)



### Hotlines and Crisis Support

- [988 Lifeline](#) – Call or text 988 for 24/7 access to a nationwide network of local crisis centers that provide free and confidential support to people experiencing crisis or emotional distress.
- [Crisis Text Line](#) – In the event of an emergency, text “HOME” to 741741.
- [Hope for Wellness Helpline](#) – A 24/7 helpline available to all indigenous people across Canada.
- [National Maternal Mental Health Hotline](#) – (833) 852-6262 - 24/7 access to free, confidential support for new and expecting mothers in English and Spanish
- [Strong Hearts Native Helpline](#) – 24/7, confidential and anonymous domestic violence and sexual violence helpline for Native Americans and Alaska Natives.
- [The Trevor Project](#) – 24/7 access to information and support for LGBTQ young people
- [Trans Lifeline](#) – An organization that connects trans people with culturally relevant community resources and support.



## Articles and Toolkits

- [Big Feels and How To Talk About Them](#)
- [Black Masculinity and Mental Health: What Black Men Should Consider About Their Emotional and Mental Wellness](#)
- [Black Men and Mental Health](#)
- [Five Ways to Ease Anxiety](#)
- [Our Collective Healing: A Toolkit for Queer and Trans People of Color \(PDF\)](#)
- [Racial Equity and Cultural Diversity Toolkits](#)
- [Racial Stress and Self-Care \(A Parent Tip Tool-kit\)](#)
- [Racial Trauma - Mental Health America](#)
- [Signs of Depression in Black Women, According to a New Study](#)
- [Stress Management](#)
- [What Is Self-Care and Why Is It Important](#)



## Additional Resources and Organizations

- [Black Emotional and Mental Health Collective](#)
- [Mental Health Resources for the AAPI Community](#)
- [Resources for Latiné and Hispanic Communities](#)
- [Resources for Native and Indigenous Communities in the US](#)
- [Stop Asian/Asian Pacific Islander Hate](#)
- [Substance Abuse and Mental Health Treatment Resources](#)
- [The Boris Lawrence Henson Foundation](#)
- [The Loveland Foundation](#)
- [The Steve Fund](#)



**MIND HEALTH**

*Humanize*  
MENTAL HEALTH

*Elevate*  
PERFORMANCE

*Honor*  
LIVED EXPERIENCE

Be Good To *Yourself*  
Be Good To *Each Other*