



Minority Mental Health Awareness Resources

July 2022

The Maryland Department of Health (MDH) Behavioral Health Administration (BHA) developed this guide in recognition of National Minority Mental Health Awareness Month to provide mental health resources for Marylanders across different backgrounds, ethnicities and identities.

About National Minority Mental Health Awareness Month

[National Minority Mental Health Awareness Month](#)

US Department of Health and Human Services

[Bebe Moore Campbell National Minority Mental Health Awareness Month](#)

National Alliance on Mental Illness

[Mental Health America](#) (MHA) has compiled Black, Indigenous, and people of color (BIPOC)-specific mental health focused information and resources into comprehensive toolkits. Access the [2022 BIPOC Mental Health Month toolkit](#) to increase your awareness on the unique issues members of BIPOC communities face.

Resources

Asian American/Pacific Islander:

- [Asian Mental Health Collective](#)
- Mental Health America's [Asian American/Pacific Islander Mental Health Resources](#)
- [National Asian American Pacific Islander Mental Health Association](#)

Black:

- [Black Mental Wellness](#)
- [Liberate Meditation App](#)
- Maryland Department of Health's [Mental Health Resources for the Black Community](#)

Hispanic:

- National Alliance on Mental Illness' [Hispanic/Latinx Mental Health Resource Guide](#)
- Mental Health America's [Spanish-Language Mental Health Resources](#)
- [National Alliance for Hispanic Health](#)

LGBTQIA:

- [Gender Spectrum](#)
- Trevor Project's [Mental Health Resources for Youth](#)
- [Trans Lifeline](#)

Native American:

- [Indian Country Child Trauma Center](#)
- Mental Health America's [Native and Indigenous Communities and Mental Health](#)
- [One Sky Center Health Resource Center for Am. Indian/Alaska Natives](#)

Therapy

- [Association of LGBTQ+ Psychiatrists](#)
- Black Mental Health Alliance's [Connect with a Therapist](#)
- [National Queer and Trans Therapists of Color Network](#)
- [Therapy For Black Girls](#)
- [Therapy for Black Men](#)
- [Therapy for Latinx](#)