



## Minority Mental Health Awareness Resources

July 2024

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

[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 BIPOC Mental Health Month toolkit to increase your awareness of 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 Health Alliance](#)
- [Black Mental Wellness](#)
- 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+:

- The Trevor Project's [Mental Health Resources for Youth](#)
- [Gender Spectrum](#)
- [National Center for Youth with Diverse Sexual Orientation, Gender Identity & Expression \(The National SOGIE Center\)](#)
- [Trans Lifeline](#)

#### Native American:

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

## Therapy

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

## Additional Resources

- Veterans Affairs: Stories: Minority Mental Health Month: [Motivating and Partnership with Veterans to Live Whole Health](#)
- Centers for Disease Control and Prevention: [Prioritizing Minority Mental Health](#)
- Department of Agriculture: [AgLearn's Minority Mental Health Awareness](#)