

AIP BIPOC *Roundtable*

AWARENESS - ADVOCACY - ACTION

RACE-BASED TRAUMATIC
STRESS (RBTS) RESOURCES

FIND THERAPISTS

Directories for Latinx

[Therapy for Latinx](#)

[Latinx Therapy](#)

Directories for Black People

[Therapy for Black Girls](#)

[Therapy for Black Men](#)

[Association of Black Psychologists](#)

Directories for Asian People

[Asian Pacific Islander Desi American \(APIA\)](#)

[Therapist Directory](#)

[South Asian Mental Health Initiative Network](#)

[Therapy for Asian Americans and Pacific Islanders](#)

HOW CAN YOU PREVENT RBTS?

Often the most immediate recourse for healing RBTS is through self-care. Taking steps to proactively care for your mind, body, and spiritual self can serve as a protective measure and an act of resistance against racialized traumatic stressors.

[Do Nothing Tool](#)

[Self-care Guide](#)

[Self-care Wheel](#)

[100 Radical Acts of Self-Care](#)

Directories for Indigenous People

[Indian Health Service Directory](#)

General Multicultural & Religious Directories

[Inclusive Therapists](#)

[Psychology Today](#)

[Melanin & Mental Health](#)

[Sukhi](#)

[Zencare](#)

[Institute for Muslim Mental Health](#)

[National Jewish Health](#)

Directories for QPOC

[Therapy for QPOC](#)

[QTPOC Mental Health Practitioner Directory](#)

HOW CAN YOU HELP YOUR COMMUNITY HEAL FROM RBTS?

A part of self-care for many individuals includes relational care because healing from racial trauma does not happen in a vacuum. There are restorative tools and resources available that you can bring to your communities.

[Project Let's Resources on Race & Mental Health](#)

[Racial Trauma Toolkit](#)

[Black Muslim Community Trauma Toolkit](#)

[Self-Care Toolkit for Undocumented](#)

[Communities](#)

[Asian Mental Health Project](#)

[The Brown Girl Therapy Newsletter](#)

[Therapy for Black Girls Thrive Tribe Facebook Group](#)

[We R Native](#)

SOURCE: MENTAL HEALTH AMERICA