

# CAROLYN'S RESOURCES

50  
Years  
ACW  
EST. 1974

## RESOURCES

### MENTAL HEALTH RESOURCES

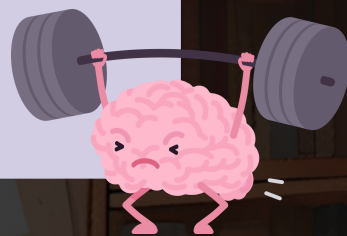
- Mental Health America (MHA) – BIPOC Mental Health Resource Center
  - Offers culturally responsive tools, educational materials, and a comprehensive directory tailored to BIPOC communities.
- The Mental Health Coalition – BIPOC Mental Health Resources
  - Provides a collection of resources aimed at addressing the mental health needs of BIPOC individuals.
- The Summit Wellness Group – Top 61 BIPOC Addiction & Mental Health Resources
  - A comprehensive guide featuring 61 resources supporting the mental health of the BIPOC community.



## THERAPY

### LATINX MENTAL HEALTH RESOURCES

- Latinx Therapy
  - Offers a podcast, resources, and a directory to find a Latinx therapist, aiming to destigmatize mental health in the Latinx community.



### LGBTQ & MENTAL HEALTH APPS

- National Queer and Trans Therapists of Color Network (NQTTN)
- The Safe Place

A mental health app geared towards the Black community, providing information on mental health conditions and self-care tips.

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