

RESOURCES:

- **The Body is Not an Apology:**
 - Radical self-love and empowerment for all people
- **AACRE's Visibility Project:**
 - Stories & videos to support the queer Asian Pacific American women, trans, and gender non-conforming communities
- **Dior Vargas's People of Color and Mental Illness Photo Project:**
 - Collection of photos from People of Color with mental illness to change the way mental illness is represented
- **ManUp Podcast:**
 - Masculinity, race, and relationships in the modern world
- **Therapy for Black Girls Podcast:**
 - Mental health and personal development for Black women
- **Nalgona Positivity Pride Blog:**
 - Eating disorders and body-positive blog and support for BICC
- **The Healing Justice Podcast:**
 - A podcast about social justice and collective healing
- **Coffee with Karim Podcast:**
 - American Muslim mental health, psychology, and spirituality podcast
- **Stories of Stigma:**
 - South Asian Mental Health: South Asian mental health podcast
- **Ourselves Black:**
 - Blog, resources, & podcast promoting Black mental health
- **Nopal Kweenz Podcast:**
 - 2 Latinx therapists discuss mental health
- **Emotions In Harmony Podcast:**
 - Latinx psychologist focusing on living in emotional harmony
- **Boston GLASS:**
 - Services for LGBTQ+ youth of Color
- **Latinx Therapy:**
 - The mental health podcast focused on the Latinx community
- **Mindful Muslim Podcast:**
 - Conversations about mental health, psychology, Islam, and spirituality
- **Erasing Shame Podcast:**
 - Conversations about shame and healthy living in the Asian American community
- **Between Sessions Podcast:**
 - By therapists of Color for People of Color

Phone/Text Support:

- **The Steve Fund** (Crisis support for students of Color)
 - Text "STEVE" to 741-741
- **Asian LifeNet Hotline** (Available in Cantonese, Mandarin, Japanese, Korean & Fujinese)
 - Call 877 990-8585 24/7
- **DeQH** (Hotline for South Asian/Desi LGBTQIA+ individuals)
 - Call 908-367-3374 Thurs or Sun 8-10 PM Eastern
- **988 Suicide & Crisis Lifeline**
 - Call or text to be connected to a trained counselor at a crisis center near you

Online Communities:

- **Young People of Color @ 7cups** (Private online support community for young People of Color)
- **YB Men Project** (Private social media group for young men of Color)
- **Rest for Resistance** (Mental health healing space for Queer People of Color)
- **I am Shakti** (An online community focused on South Asian mental health)

Apps:


- **The Safe Place** (Black mental health app)
- **Liberate** (Meditation app by and for Black, Indigenous & People of Color community)

Suffolk Resources:

- **Counseling, Health, and Wellness**
 - 73 Tremont St, 5th Fl
 - 617-573-8226
 - Monday-Friday 9am-5pm
- **Center for Student Diversity and Inclusion (CSDI)**
 - Sawyer Building, Room 828
 - 617-573-8613
- **Interfaith Center**
 - Sawyer Building, Room 823
 - 617-573-8325

For additional resources check out the CSDI and Law School Diversity & Inclusion websites

MENTAL HEALTH for STUDENTS OF COLOR



INFORMATION, RESOURCES & SUPPORT



SUFFOLK UNIVERSITY
Counseling, Health & Wellness

BARRIERS TO ACCESSING MENTAL HEALTH CARE

- Lack of understanding of mental health issues
- Mental health issues seen as weakness
- Community or self-stigma against treatment
- Self-reliance (perception shouldn't ask for help)
- Lack of providers of Color
- Inability to access treatment in primary language
- Guilt and shame
- Psychological pain experienced as physical symptoms
- Preference for natural medication or home/spiritual/tribal remedies
- Fear of being a burden
- Importance placed on privacy/not sharing outside of the community
- Importance of religion/spiritual beliefs
- Perception that it is not respecting own religious practices
- Fear of being forced to take medication
- Perception that clinicians will not understand experiences/validate discrimination

COMMON CHALLENGES FOR STUDENTS OF COLOR

Experiences of discrimination, racism, or xenophobia

Racial trauma

Model Minority Myth stereotype

Strong Black Woman stereotype

Masculinity/machismo

Lack of community acceptance of gender or sexual identity

Acculturative stress
(stress adapting to a new culture)

Intergenerational Family Conflict

Current sociopolitical climate of the U.S.

Intergenerational trauma
(transmission of trauma through historical familial experiences such as slavery, the Holocaust or interpersonal violence)

Imposter syndrome
(feelings of inadequacy despite success)

Immigration/Documentation status

Feeling "tokenized"

Lack of a community of Color



SUGGESTIONS FOR SELF-CARE

- Find a community of peers of Color and/or allies who can discuss racial issues
- Find a religious community or speak with a religious leader
- Engage in self-care
 - Healthy eating
 - Adequate sleep
 - Exercise
 - Leisure activities
- Engage in activism/social justice work
- Give yourself a break
- Say "no"
- Get outside
- Mindfulness/meditation/breathing exercises
- Journaling
- Spend time with friends
- Reflect upon your strengths/practice affirmations
- Limit exposure to news/social media
- Find a safe space to explore your racial identity
- Create a self-care plan for times of intense distress or exposure to discrimination

THINGS TO KNOW ABOUT COMING TO CHW



- Counseling services are available at Counseling, Health, and Wellness
- You can ask for a provider of a particular identity
 - If this is not available, you can receive support finding a provider with the identity/identities you prefer
- You can receive support connecting to providers that can conduct therapy in your primary language
- You can ask to have spiritual/religious beliefs/practices incorporated into treatment
- You can use natural/spiritual remedies/supports AND engage in counseling
- Everyone needs help sometimes. It does NOT suggest weakness