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 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
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