

RESOURCES:

- **The Body is Not an Apology** (Radical Self Love and Empowerment for All People)
- **Visibility Project** (Stories & videos to support the queer Asian Pacific American women & transgender community)
- **Dior Vargas** (People of Color & Mental Illness Photo Project)
- **ManUp Podcast** (Masculinity, Race, and Relationships in the Modern World)
- **Therapy for Black Girls** (Podcast focused on mental health for Black women)
- **Nalgona Positivity Pride** (Eating Disorder blog and support for People of Color)
- **The Healing Justice Podcast** (Podcast about social justice and collective healing)
- **Coffee with Karim Podcast** (Muslim mental health, psychology and spirituality podcast)
- **Stories of Stigma: South Asian Mental Health** (Mental health podcast)
- **Ourselves Black** (Blog, Resources, & Podcast about Black Mental Health)
- **Nopal Kweenz** (3 Latinx Therapists discuss Mental health)
- **Emotions In Harmony** (Mental Health podcast by Latinx psychologist in English/Spanish)
- **Boston GLASS** (Services for LGBTQ+ youth of Color)
- **Latinx Therapy** (Mental health podcast focused on the Latinx community)
- **Mindful Muslim Podcast** (Podcast about mental health, psychology, Islam & spirituality)
- **Erasing Shame** (Podcast about shame and mental health 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 young People of Color)
 - Text "STEVE" to 741 741
- **Asian LifeNet** (Available in Cantonese, Mandarin, Japanese, Korean & Fujinese)
 - Hotline (24 hour line) (877) 990 8585
- **DeQH** (Hotline for South Asian/Desi LGBTQ+)
 - 908 367 3374

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** (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)

MENTAL HEALTH



for STUDENTS OF COLOR

SUFFOLK RESOURCES:

- **Counseling, Health, and Wellness**
 - 73 Tremont St, 5th Fl
 - 617-573-8226
- **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

INFORMATION, RESOURCES & SUPPORT



SUFFOLK
UNIVERSITY
BOSTON

COUNSELING, HEALTH & WELLNESS SERVICES

73 Tremont St, 5th Floor | 617.573.8226 | suffolk.edu/chw

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