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)

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
**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