



The Rice Wellbeing and Counseling Center presents

# Wellbeing Resources for BIPOC Students

*A collection of organizations, directories, readings, podcasts, and other resources to support the wellbeing of BIPOC students at Rice*

## Rice Organizations

Wellbeing and Counseling Center  
713-348-3311 (24/7)  
Gibbs Wellness Center  
<https://wellbeing.rice.edu/>

Office of Multicultural Affairs  
713-348-5124  
RMC Cloisters  
<https://oma.rice.edu/>  
Diversity Facilitators:  
<https://oma.rice.edu/diversity-facilitators>

Office of Diversity and Inclusion and  
the Multicultural Center  
713-348-5688  
Allen Center, Room 220  
<https://diversity.rice.edu/>

Office of International Students and Scholars  
713-348-6095  
Lovett Hall, Entrance A, Second Floor  
<https://oiss.rice.edu/>

## Rice Organizations continued

List of all student cultural groups:  
<https://ownest.rice.edu/organizations?categories=14002>

List of all Black student organizations:  
<https://oma.rice.edu/all-black-clubs>

## Houston Organizations

African American Health Coalition  
713-634-1251  
2617C West Holcombe Boulevard PMB# 151  
Houston, Texas 77025  
<https://afahchouston.org/>

American Indian Center of Houston  
346-374-8516  
2000 S. Dairy Ashford, Suite 550  
Houston, TX 77077  
<https://www.facebook.com/pages/category/Government-Organization/American-Indian-Center-of-Houston-102026058044263/>





## Houston Organizations continued

**Asian American Health Coalition  
of Greater Houston**  
713-773-0803  
7001 Corporate Dr.  
Houston, Texas 77036  
<http://asianhealthhouston.org/>

**Avenue 360 Health and Wellness**  
713-426-0027  
2150 West 18th St.  
Houston, Texas 77008  
<https://avenue360.org/>

**Black Lives Matter Houston**  
<https://www.blmhouston.com/>

**Fundación Latinoamericana de Acción  
Social (FLAS)**  
713-772-2366  
6666 Harwin Dr., Suite 370  
Houston, TX 77036  
<http://flasinc.org/main/>

**Hispanic Health Coalition**  
713-666-5644  
2626 S. Loop West, Suite 650R  
Houston, TX 77054  
<https://hispanic-health.org/>

**HOPE Clinic**  
713-773-0803  
Various locations (see website)  
<https://www.hopechc.org/>

**Houston Immigration Legal Services  
Collaborative**  
<https://www.houstonimmigration.org/>

**Legacy Community Health**  
832-548-5000  
Various locations (see website)  
<https://www.legacycommunityhealth.org/>

## Houston Organizations continued

**Mental Health America of  
Greater Houston**  
713-523-8963  
2211 Norfolk, Suite 810  
Houston, TX 77098  
<https://mhahouston.org/bipoc/>

**NAACP Houston Branch**  
713-526-3389  
2002 Wheeler Avenue  
Houston, TX 77004  
<https://naacphouston.org/>

**YMCA International Services**  
713-339-9015  
6300 Westpark Drive, Suite 600  
Houston, 77057  
<https://www.ymcahouston.org/locations/ymca-international-services>

## National Organizations

**American Psychological  
Association: Office of Ethnic  
Minority Affairs**  
<https://www.apa.org/pi/oema>

**Asian Mental Health Collective**  
<https://www.asianmhc.org>

**Asian Mental Health Project**  
<https://asianmentalhealthproject.com/>

**BEAM: Black Emotional and Mental  
Health Collective**  
<https://www.beam.community/whatwebelieve>

**Black Men Heal**  
<https://blackmenheal.org/>

**Black Mental Health Alliance**  
<https://www.blackmentalhealth.com/>





## National Organizations continued

Black Mental Wellness, Corp.  
<https://www.blackmentalwellness.com/>

Black Women's Health Imperative  
<https://bwhi.org/>

Día de la Mujer Latina  
<https://diadelamujerlatina.org/>

Indian Health Service  
<https://www.ihs.gov/communityhealth/>

Institute for Muslim Mental Health  
<https://muslimmentalhealth.com/>

Jed Foundation  
<https://www.jedfoundation.org/>

Loveland Foundation  
<https://thelovelandfoundation.org/>

National Alliance for Hispanic  
Health  
<https://www.healthyamericas.org/>

National American Indian and  
Alaska Native Mental Health  
Technology Transfer Center  
Network (MHTTC)  
<https://mhttcnetwork.org/centers/national-american-indian-and-alaska-native-mhttc/home>

National Asian American Pacific  
Islander Mental Health  
Association (NAAPIMHA)  
<https://www.naapimha.org/>

National Latino Behavioral Health  
Association (NLBHA)  
<http://www.nlbha.org/>

## National Organizations continued

One Sky Center  
<http://www.oneskycenter.org/>

South Asian Mental Health Initiative &  
Network  
<https://samhin.org/>

The Boris Lawrence Henson Foundation  
(BLHF)  
<https://borislhensonfoundation.org/>

The Steve Fund  
"the nation's only organization focused on  
supporting the mental health and emotional  
well-being of young people of color"  
<https://www.stevelfund.org/>

We R Native  
<https://www.wernative.org/Default.aspx>

## Mental Health Service Directories

Asian Mental Health Collective: Asian  
Pacific Islander Desi American (APIDA)  
Therapist Directory  
<https://www.asianmhc.org/apida>

BEAM: Black Virtual Therapist Directory  
<https://www.beam.community/bvttnj>

BLHF Resource Guide  
<https://borislhensonfoundation.org/resource-guide/>





## Mental Health Service Directories continued

**Dear Black Women: Finding a Therapist**  
Page with links to directories from various sources, including Therapy for Black Girls, the National Queer & Trans Therapists of Color Network, and others  
<https://www.dearblackwomenproject.com/todays-affirmation/mental-health-resources-therapists/crisis-support>

**Find a Multicultural Therapist**  
<https://findamulticulturaltherapist.com/>

**Inclusive Therapists**  
<https://www.inclusivetherapists.com/>

**Institute for Muslim Mental Health: Professional Directory**  
<https://muslimmentalhealth.com/directory/>

**Latinx Therapy**  
<https://latinxtherapy.com/find-a-therapist/>

**Melanin & Mental Health: Dope Therapists**  
[https://www.melaninandmentalhealth.com/?select=&lp\\_s\\_loc=&lp\\_s\\_tag=&lp\\_s\\_cat=&s=home&post\\_type=listing](https://www.melaninandmentalhealth.com/?select=&lp_s_loc=&lp_s_tag=&lp_s_cat=&s=home&post_type=listing)

**South Asian Therapists**  
<https://southasiantherapists.org/>

**The Association of Black Psychologists: Therapist Resource Directory**  
<https://www.abpsi.org/find-psychologists/>

**TherapyForBlackMen.org**  
<https://therapyforblackmen.org/>

**Therapy for Latinx**  
<https://www.therapyforlatinx.com/>

**To Write Love on Her Arms: Find Help**  
<https://twloha.com/find-help/>

## Readings

**3 Black Therapists Share Their Go-To Coping, Healing, and Grounding Techniques**  
<https://www.allure.com/story/black-therapists-self-care-techniques-instagram>

**44 Mental Health Resources for Black People Trying to Survive in This Country**  
<https://www.self.com/story/black-mental-health-resources>

**Asian-Americans Tackle Mental Health Stigma**  
<https://www.webmd.com/mental-health/news/20150212/asian-americans-mental-health#1>

**(BIPOC) Mental Health Resource Guide**  
Includes extensive lists of books and articles on BIPOC mental health, among other resources  
[https://ncaaorg.s3.amazonaws.com/ssi/mental/SSI\\_BIPOCMHResourceGuide.pdf](https://ncaaorg.s3.amazonaws.com/ssi/mental/SSI_BIPOCMHResourceGuide.pdf)

**It's More Important Than Ever To Remove the Stigma Around Latinx Mental Health**  
<https://www.oprahmag.com/life/health/a29518665/latinos-mental-health-stigma/>

**MHA: BIPOC Mental Health**  
<https://www.mhanational.org/bipoc-mental-health>

**MHA BIPOC Mental Health Month 2020 Outreach Toolkit**  
[https://mhanational.org/sites/default/files/2020%20BIPOC%20MHM%20TOOLKIT%20FINAL%206.29.20\\_0.pdf](https://mhanational.org/sites/default/files/2020%20BIPOC%20MHM%20TOOLKIT%20FINAL%206.29.20_0.pdf)





## Readings continued

NAMI: Identity and Cultural Dimensions  
<https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions>

Ourselves Black (online magazine)  
<https://ourselvesblack.com/online-magazine>

### POC Online Classroom

Collection of readings related to self-care and mental health for people of color  
<http://www.poconlineclassroom.com/self-care/>

### Read BIPOC: A List of Books by Black, Indigenous and/or people of Color Writers

<http://www.artforourselves.org/reviews/read-bipoc-a-list-of-books-by-black-indigenous-and-or-people-of-color-writers>

### The expert-backed guide to managing your mental health in the face of discrimination

<https://www.glamourmagazine.co.uk/article/bame-mental-health-tips>

World Mental Health Day: 40 Seconds on Native American Suicide Prevention  
<https://magazine.nursing.jhu.edu/2019/10/world-mental-health-day-40-seconds-on-native-american-suicide-prevention/>

## Podcasts/Videos

### AsianBossGirl

<https://www.asianbossgirl.com/episodes/2019/7/25/episode-44-mental-health-with-christine-chen>

### Between Sessions Podcast

<https://www.melaninandmentalhealth.com/category/between-sessions/>

## Podcasts/Videos continued

### Emil Amok's Takeout

<https://www.aaldef.org/blog/podcast-emil-amok-s-takeout-asian-american-and-pacific-islander-mental-health-empowerment/>

### Erasing Shame

<https://erasingshame.com/show/>

### Facing the Divide: Psychology's Conversation on Race and Health

<https://www.apa.org/education/undergrad/diversity>

### Jed Foundation Media Room

<https://www.jedfoundation.org/media-room/>

### Latinx Therapy Podcast

<https://latinxtherapy.com/podcast/>

### MHA of Greater Houston BIPOC Community Panel Conversations

<https://mhahouston.org/bipoc/>

### On She Goes

<https://soundcloud.com/onshegoes>

### Ourselves Black (OB) Podcast

<https://ourselvesblack.com/ob-podcast>

### Stories of Stigma: South Asian Mental Health (MannMukti)

<https://www.mannmukti.org/podcast-old>

### Strength Over Silence: Stories Of Courage, Culture And Community

<https://www.nami.org/Get-Involved/Awareness-Events/Minority-Mental-Health-Awareness-Month/Strength-Over-Silence>



## Podcasts/Videos continued

The 730 Podcast

<https://podcasts.apple.com/us/podcast/the-730-podcast/id1476315194#episodeGuid=5f1ef48930ce0204eb56d7fb>

The Mindful Muslim Podcast

<https://inspiredminds.org.uk/blog/mindful-muslim-podcast/>

Therapy for Black Girls Podcast

<https://therapyforblackgirls.com/podcast/>

The Steve Fund [Video Toolkit]

Supporting the Well-Being of  
Students of Color

<https://www.stevelfund.org/video-toolkit-supporting-the-well-being-of-students-of-color/>

## Others (Apps, Support Groups, etc.)

BIPOC Meditation Collective

<https://www.bipocmeditationcollective.com/>

Black Lives Matter Meditations

<http://drcandicenicole.com/2016/07/black-lives-matter-meditation/>

Brown Girl Therapy

<https://linktr.ee/browngirltherapy>

Ethel's Club

<https://www.ethelsclub.com/>

Liberate: Black Meditation App

<https://liberatemeditation.com/>

Sista Afya Services

<https://www.sistaafya.com/services>

## Others (Apps, Support Groups, etc.) continued

Talkspace

Free therapist-led support group

<https://www.talkspace.com/blog/talkspace-black-lives-matter/>

The Safe Place app

<https://apps.apple.com/us/app/the-safe-place/id1349460763>

UCLA Guided Meditations

<https://www.uclahealth.org/marc/mindful-meditations>

## Crisis Lines from Mental Health First Aid:

<https://www.mentalhealthfirstaid.org/2020/01/five-mental-health-resources-that-can-bethedifference/>

