

This document is a collection of resources for learning about and supporting BIPOC mental health needs, especially within schools. Resources include toolkits, research articles, webinars, podcasts, and more.

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## Toolkits

- [Mental Wellness Toolkit](#) – Black Girl Smile  
Interested in resources that help facilitate gender-responsive and culturally-affirming mental wellness education, resources, and support geared toward Black women and girls? Check out Black Girls Smile! Their Mental Wellness Toolkit includes a variety of strategies to explore.
- [Learning about Collective Trauma](#) – American Psychological Association Grief Toolkit  
#BIPOC communities have faced collective traumas. Learning more about collective trauma and its impact is one way to begin a process towards thriving. This grief recovery kit from the American Psychological Association discusses healing collective trauma.
- [BIPOC Mental Health Toolkit](#) – Mental Health America  
Download Mental Health America's #BIPOCMentalHealth toolkit to learn about mental health in BIPOC communities.

## Written Resources

- [Sharing Generation Wisdom](#) – Mental Health America  
Different generations in #BIPOC communities may face unique mental health challenges, but all age groups have wisdom to share. Learn more about sharing generational wisdom at [mhanational.org/july](http://mhanational.org/july). #MHA #BIPOCMentalHealth @SchoolMHC @iowa\_scsmah
- [Understanding Mental Health Disparities within Diverse Communities](#) - The Trevor Project  
Understanding disparities in mental health is crucial for addressing and supporting mental health needs within diverse communities. Learn how you can work to create a more inclusive and supportive environment for everyone here! #TrevorProject #BIPOCMentalHealth @SchoolMHC @iowa\_scsmah

If you or someone you know is in danger of hurting themselves or others please call 988.

- [Shifting Mental Health Culture Through conversations](#) – National Alliance on Mental Health (NAMI)  
Let's cultivate environments in communities of color where mental health is a priority, voices are uplifted, support is abundant, and healing is nurtured. #ShadesofMentalHealth #NAMI #BIPOCMentalHealth @SchoolMHC @iowa\_scsmah
- [Becoming a Mental Health Advocate](#) - National Alliance on Mental Health (NAMI)  
Are you interested in becoming a mental health advocate? Learn how you can help take action and engage in advocacy campaigns by visiting the National Alliance on Mental Illness here! #NAMI #BIPOCMentalHealth @SchoolMHC @iowa\_scsmah
- [Honoring Indigenous Features and Heritage](#) – WeRNative interview with Shalee Singer  
Shalee Singer, a sophomore at Portland State University and a member of the Navajo Nation, shares her tips for practicing self-love and honoring her indigenous features and heritage. You can read her article and find more resources for Native youth on WeRNative. #WeRNative #BIPOCMentalHealth @SchoolMHC @iowa\_scsmah
- [Self Care @School](#) - Dr. Alfiee and the AAKOMA Project  
Stress is a part of every student's life. The AAKOMA Project aims to share tips to help young BIPOC manage their stress and support their friends. Visit AAKOMA for more insights from researchers and information on the current state of mental health of BIPOC youth. #BIPOCMentalHealth @SchoolMHC @iowa\_scsmah
- [Overcoming Mental Health Stigma in BIPOC Communities](#) – Mental Health America  
Members of #BIPOC communities may experience mental health stigma, often due to a lack of culturally-responsive mental health care. However, all people are deserving of culturally-affirming mental health care. Learn more about breaking down mental health stigma at [mhanational.org/bipoc-stigma](http://mhanational.org/bipoc-stigma). #BIPOC Mental Health @SchoolMHC @iowa\_scsmah



- [Collective Healing through Community Connection](#) – Mental Health America  
Connecting with one's community is essential for collective healing in BIPOC communities. Check out this tool kit from @SchoolMHA to learn how you can create safe spaces and foster healing connections within your communities. #BIPOC Mental Health @SchoolMHC @iowa\_scsmah
- [Breaking Down Systemic Barriers to Mental Health Care](#) – Mental Health America  
Let's join forces to confront and break down harmful stigmas and systemic barriers which perpetuate mental health inequalities in communities of color. #ShadesofMentalHealth #BIPOC Mental Health @SchoolMHC @iowa\_scsmah
- [Tackling Stereotypes in Asian American Communities](#) – Refinery29  
Breaking the stigma around mental health in the Asian American community is crucial. Refinery29's new series #NotYourTokenAsian is tackling the stereotypes and cultural pressures surrounding Asian American identity, especially when it comes to mental health. Read more via this link: <https://www.refinery29.com/en-us/asian-american-mental-health-second-generation-immigrants> #BIPOCMentalHealth @SchoolMHC @iowa\_scsmah
- [Chronic Stress from Racism and Discrimination](#) – Voice and Viewpoint  
Chronic stress from racism and discrimination can severely impact the physical and mental health of Black couples. READ MORE: <https://sdvoice.info/study-finds-effects-everyday-racism-black-couples/> #MentalHealthMatters #SupportBlackLove #BIPOCMentalHealth @SchoolMHC @iowa\_Scsmah
- [Protecting Student Mental Health against Anti-Inclusive Legislation](#) - Teen Vogue  
@TeenVogue Rising anti-inclusive policies in schools are harming the mental health of BIPOC & LGBTQ+ youth. It's time to champion educational reforms that embrace diversity and confront systemic oppression. Support a mental health approach that values every student's identity. Read More: <https://www.teenvogue.com/story/legislation-lgbtq-and-bipoc-youth-mental-health> #BIPOCMentalHealth @SchoolMHC @iowa\_Scsmah
- [Connecting Culture and Community](#) - MHC  
Connecting to culture and community is key for mental health well-being. Strong community ties lower suicide rates and isolation, while also fostering pride and purpose. Discover more: <https://mhanational.org/bipoc/community/community-advocacy> #BIPOCMentalHealth @SchoolMHC @iowa\_Scsmah
- [Helping Marginalized Youth Manage Stress through PLAAY](#) – The Racial Empowerment Collaborative  
Discover PLAAY (Preventing Long-term Anger and Aggression in Youth), a culturally responsive CBT intervention created by Dr. Stevenson in 1995. PLAAY helps Black and marginalized youth manage stress during conflicts, enhancing their performance in classrooms and communities. Let's support our youth in regulating stress from behavioral, academic, and racial conflicts. #PLAAY #BIPOCMentalHealth @SchoolMHC @iowa\_scsmah
- [The Role of bilingual School Liaisons in Family-School Partnerships](#) - Communiqué  
Bilingual school liaisons can help promote family-school partnerships among culturally and linguistically diverse families. Read more about refining a role for school bilingual liaisons in schools in this article: <https://www.nasponline.org/publications/periodicals/communique/issues/volume-50-issue-7> #BIPOCMentalHealth @SchoolMHC @iowa\_scsmah
- [Understanding Cultural Context in Schools and Communities](#) – Wright-Constantine Structured Cultural Interview  
Interviews can help school professionals better understand cultural context, development, and influences on individuals. The Wright-Constantine Cultural Interview is an interview that can help better understand these issues in schools and communities. Here is a link to the interview: <https://steinhardt.nyu.edu/center-counseling-and-community-wellbeing/wcsci> #BIPOCMentalHealth @SchoolMHC @iowa\_scsmah

- [How to promote mental health among Asian American teens](#) – APA  
Asian American teens face unique mental health challenges due to cultural pressures, the "model minority" myth, and racism. Read the APA article to learn strategies to help Asian American teens identify and address racial dilemmas. #BIPOCMentalHealth @SchoolMHC @iowa\_scsmah
- [Breaking the Silence: An Epidemiological Report on Asian American and Pacific Islander Youth Mental Health and Suicide \(1999–2021\)](#) - Reyes, Song, & Bhatt, 2024  
Recent study reveals suicide rates among Asian American and Pacific Islander (AAPI) youth doubled from 1999-2021. AA females report higher depressive symptoms, but AA males have higher suicide rates. Urgent need for targeted prevention and addressing mental health stigma. #BIPOCMentalHealth @SchoolMHC @iowa\_scsmah

## **Webinars and Videos**

- [More than a Moment](#) - A Conversation with BIPOC Student Mental Health Leaders  
Hear students of color tell, in their own words, what the pandemic has meant for them and the mental health challenges it has brought with this panel discussion between student ambassadors for youth mental health nonprofit Active Minds.
- [Nurturing Resilience & Joy in/among Young BIPOC Children](#) – EmbraceRace with Lisa Gordon and Debbie LeeKeenan  
EmbraceRace cofounders host a seminar featuring Lisa Gordon and Debbie LeeKeenan, both long-time educators in early education and equity. Join this engaging conversation on how to inspire young BIPOC children to be resilient and joyful, and discover the tools needed to meet these goals. #EmbraceRace #BIPOCMentalHealth @SchoolMHC @iowa\_scsmah
- [Black Families and the School System](#) - with Tonikiaa Orange & Tunette Powell  
Watch an episode featuring Drs. Powell and Orange as they discuss promoting Black family-school partnerships to promote student well-being. Here is the link:  
<https://www.youtube.com/watch?v=45KdVOeMWtM&t=3246s> #BIPOC Mental Health @SchoolMHC @iowa\_scsmah
- [Newcomer Immigrant & Refugee Youth School Supports Presentation](#) - Mental Health Technology Transfer Center Network  
Interested in learning how you can support immigrant and refugee students and families in your school community? Watch Dr. Marie L. Tanaka's training which provides concrete strategies on how educators can support these communities in the school-based setting or access this link for more resources: [https://mhhttcnetwork.org/products\\_and\\_resources/newcomer-immigrant-refugee-youth-school-supports/](https://mhhttcnetwork.org/products_and_resources/newcomer-immigrant-refugee-youth-school-supports/). Dr. Tanaka is a multilingual Japanese-Korean American, cisgender daughter of immigrants with a doctorate from the University of Arizona in school psychology. #SchoolSupports #MHHTTCNetwork #BIPOCMentalHealth @SchoolMHC @iowa\_scsmah
- [Cultivating Cultural Humility](#) - Scanlan Center on School Mental Health  
This short video from the Scanlan Center on School Mental Health describes three phases to promote cultural humility through respect, curiosity, and openness.  
<https://www.youtube.com/watch?v=cGT3i66wdaA> #BIPOCMentalHealth @SchoolMHC @iowa\_scsmah
- [Addressing Implicit Bias and Disproportionality in Social-Emotional and Behavioral Assessment](#) – Dr. Katie Eklund and Dr. Janine Jones  
Presenters Drs. Katie Eklund (@KatieEklund) and Janine Jones (@Drjaninejones) address implicit bias and disproportionality in social-emotional and behavior assessment and present methods for reducing rates of disproportionality in behavior risk identification. Watch the session here:  
<https://www.youtube.com/watch?v=Lyl5urVxbLU&t=216s>
- [Reimagining Mental Health Programs for Native American Youth](#) – Dr. Virgil Moorehead Jr., Two Feathers - NAFS  
The Indigenous Peoples of North America face mental health challenges due to the legacy of European colonization. This workshop highlights the limitations of conventional mental health services and explores innovative, transformational approaches to support Native youth and families. #BIPOCMentalHealth @SchoolMHC @iowa\_scsmah



## Podcasts

- ["Hope Starts with Us"](#) - National Alliance on Mental Illness (NAMI) Podcast  
Check out this episode of NAMI's podcast, where CEO Daniel H. Gillison Jr. speaks with Dr. Linda Wharton-Boyd and Nancy Carter about the incredible impact of Bebe Moore Campbell and how we can all help preserve her legacy. #NAMI #BIPOCMentalHealth @SchoolMHC @iowa\_scsmah. Check out more podcasts here: <https://www.nami.org/get-involved/awareness-events/bebe-moore-campbell-national-minority-mental-health-awareness-month/#podcasts>
- [Mental Health Challenges and Latinx Children & Teens](#) – Shrinking it Down with Angel Caraballo, MD  
The Clay Center for Young Healthy Minds, an online resource from Massachusetts General Hospital, offers a podcast called "Shrinking it Down." This podcast is hosted by Dr. Gene Beresin and Dr. Kadijah Booth-Watkins, the Center's Chief and Associate Directors. In this episode, they sit down with Dr. Angel Caraballo to discuss the stigma surrounding mental health and other challenges specifically faced by Hispanic and Latinx communities and children. #BIPOCMentalHealth @SchoolMHC @iowa\_scsmah
- [Mental Health in the Black and Brown Community](#) - The Black Menaces Podcast Episode 70  
This episode of @BlackMenaces features an interview conducted by Rachel Weaver and Nate Byrd with Greg Noel, a first-generation Haitian-American Licensed Associate Marriage and Family Therapist (LAMFT). Listen to their discussion of working with diverse populations and how they navigate understanding the mental health experiences of the Black and Brown community. Check out more resources from the @BlackMenaces here: <https://www.theblackmenaces.org> #BlackMenaces #BIPOCMentalHealth @SchoolMHC @iowa\_scsmah
- [BIPOC and LGBTQ+ Mental Health Podcasts and Videos](#) – School Links  
This resource provides podcasts, videos, and development opportunities to support mental health for BIPOC and LGBTQ students. #BIPOCMentalHealth @SchoolMHC @iowa\_scsmah
- [School Counseling and Males of Color](#) – I Hear You Say  
The I Hear You Say podcast episode is hosted by Erik Hines, Ph.D., James Moore, Ph.D., and Paul Harris, Ph.D. where they discuss the special issue of Professional School Counseling journal, School Counseling and Males of Color. #BIPOCMentalHealth @SchoolMHC @iowa\_scsmah