Mental Health and Self-Care Resources for BIPOC Students

Etown Resources

* [Counseling Services](https://www.etown.edu/offices/counseling/index.aspx)
* [Chaplain's Office](https://www.etown.edu/offices/chaplain/staff.aspx)
* [Office of Diversity](https://www.etown.edu/offices/diversity/index.aspx)

Apps

* Therapy App - [AYANA](https://www.ayanatherapy.com/)
* Meditation Apps - [Liberate](https://liberatemeditation.com/), [Shine](https://www.theshineapp.com/)

Podcasts

* [Therapy for Black Girls](https://therapyforblackgirls.com/podcast/)
* [Latinx Mental Health Podcast](https://www.latinxmhpodcast.com/)
* [Melanin and Mental Health](https://www.melaninandmentalhealth.com/category/between-sessions/)
* [Latinx Therapy](https://latinxtherapy.com/podcast/)
* [Brown Girl Self-Care](https://www.browngirlselfcare.com/podcast-1)

Community & Wellness Resources

* [Asian Mental Health Collective](https://www.asianmhc.org/)
* [BEAM Collective](https://www.beam.community/)
* [Black Virtual Wellness Directory](https://wellness.beam.community/)
* [Brown Girl Self-Care](https://www.browngirlselfcare.com/)
* [Sad Girls Club](https://sadgirlsclub.org/)
* [Ethel's Club](https://www.ethelsclub.com/)

Therapist Directories

* [Latinx Therapy](https://latinxtherapy.com/)
* [Therapy for Black Girls](https://therapyforblackgirls.com)
* [Therapy for Black Men](https://therapyforblackmen.org/)
* [Melanin and Mental Health](https://www.melaninandmentalhealth.com/)
* [Therapy for Latinx](https://www.therapyforlatinx.com/)
* [APISAA Therapist Directory](https://www.asianmhc.org/apisaa)
* [Open Path Collective](https://openpathcollective.org/)

Further Reading

* [Filling Our Cup: Four Ways People of Color Can Foster Mental Health and Practice Restorative Healing](https://medium.com/@SolidarityWOC/filling-our-cups-4-ways-people-of-color-can-foster-mental-health-and-practice-restorative-healing-64e5e7584127)
* [Grief is a Direct Impact of Racism: Eight Ways to Support Yourself](https://theconversation.com/grief-is-a-direct-impact-of-racism-eight-ways-to-support-yourself-91750)