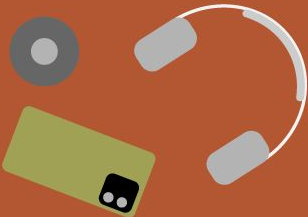


**GEEX BIPOC  
Community Table:  
Mental Health**

December 15, 2024



**BIPOC COMMUNITY TABLE**



# Mental Health Meeting Agenda:

## Introductions and Grounding Exercise

- Name and pronouns
- Mindfulness Activity: 5 senses
- Rose Bud Thorn

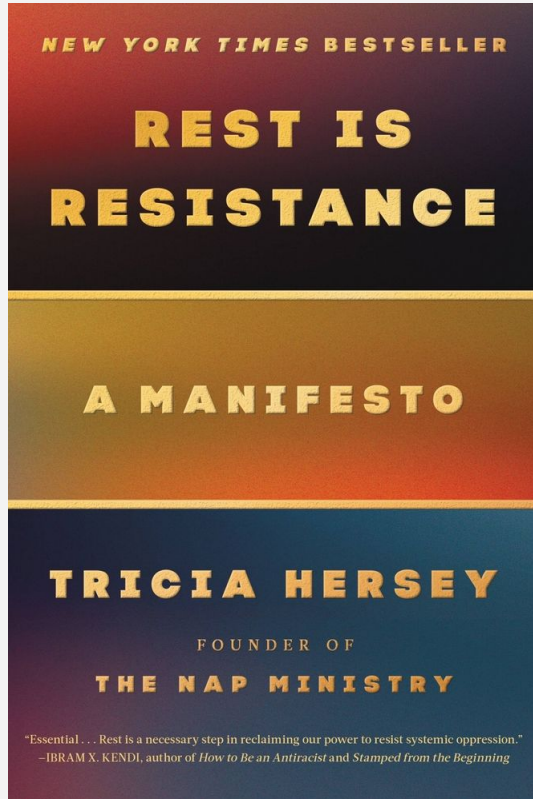
## Discussion Topics

- Being isolated from other BIPOC people
- What does community mean to you?
- What makes you feel supported?
- What uplifts you?

## Resources and Strategies

- Reading List
- Resources
- Coping Skills

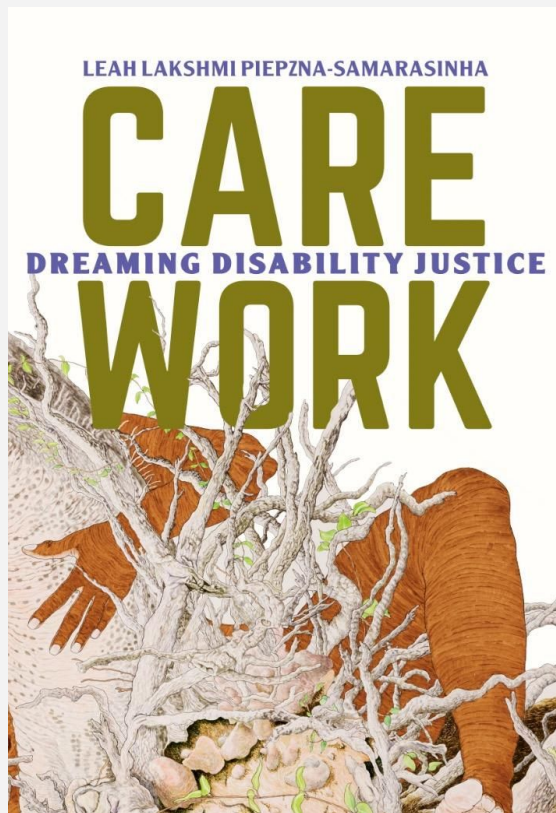
# Mental Health Resources: Reading List



## [Rest is Resistance: A Manifesto](#) [by Tricia Hersey](#)

In *Rest Is Resistance*, Tricia Hersey, aka the Nap Bishop, casts an illuminating light on our troubled relationship with rest and how to imagine and dream our way to a future where rest is exalted. Our worth does not reside in how much we produce, especially not for a system that exploits and dehumanizes us. Rest, in its simplest form, becomes an act of resistance and a reclaiming of power because it asserts our most basic humanity. We are enough. The systems cannot have us.

# Mental Health Resources: Reading List



[Care Work](#)

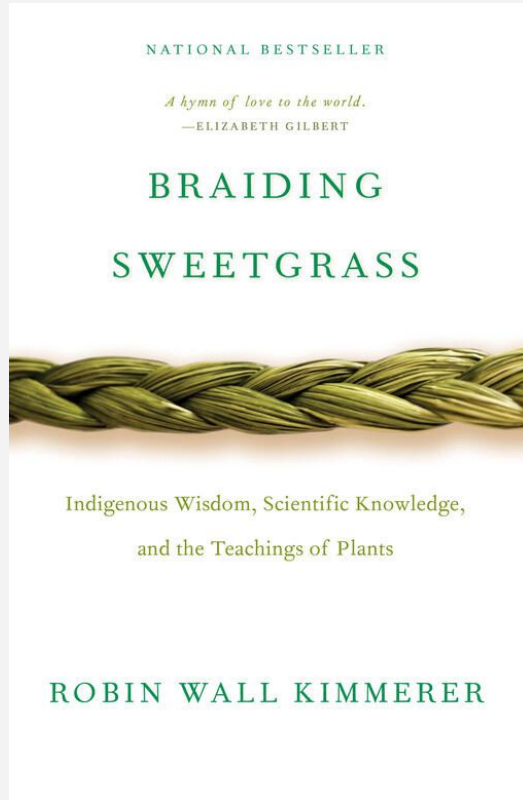
[Dreaming Disability Justice](#)

[by Leah Lakshmi Piepzna-Samarasinha](#)

In this collection of essays Leah Lakshmi Piepzna-Samarasinha explores the politics and realities of disability justice, a movement that centres the lives and leadership of sick and disabled queer, trans, Black, and brown people, with knowledge and gifts for all. Leah writes passionately and personally about creating spaces by and for sick and disabled queer people of colour, and creative "collective access" -- access not as a chore but as a collective responsibility and pleasure -- in our communities and political movements.

# Mental Health Resources: Reading List

## [Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants](#) [by Robin Wall Kimmerer](#)



Drawing on her life as an indigenous scientist, a mother, and a woman, Kimmerer shows how other living beings—asters and goldenrod, strawberries and squash, salamanders, algae, and sweetgrass—offer us gifts and lessons, even if we've forgotten how to hear their voices. For only when we can hear the languages of other beings will we be capable of understanding the generosity of the earth, and learn to give our own gifts in return.

# Mental Health Resources: Culturally Competent Providers

- [National Queer & Trans Therapists of Color Network](#)
- [Asian Mental Health Collective](#)
- [Latinx Therapists](#)
- [Inclusive Therapists](#)

# Inclusive Therapists: [Resources](#)

## Mental Health Resources for Therapists, Counselors, Students, Advocates Healing Justice and Liberation Centered Funds, Communities, Education, Books and More

### Mental Health Care Resources

Offerings with marginalized communities at the center

Mental Health Therapy Funds

Healing Justice Ecosystem

Communities and Directories

Non-Carceral Crisis Resources

### Educational Resources

Uplifting Work by Black, Indigenous & People of Color/Global Majority

Decolonization, Landback & Indigenous Sovereignty

Abolition, Racial Justice & Collective Liberation

Intersectionality and Black Feminism

Reclamation & Healing Historical, Intergenerational Trauma

Sex, Reproduction, Gender & 2SLGBTQIA+ Liberation

Disability, Neurodivergence & Fat Liberation

Climate, Ecological Justice & Liberation

Dismantling whiteness, white feminism & supremacy delusion





# Inclusive Mental Health Events Calendar

Therapy Groups, Support Groups, Workshops, Professional Trainings

Find collective care and continuing education centering BIPOC & LGBTQIA2S+ communities: connect, heal, learn

[Join our community](#) to share your events & groups.



Posted 11/07/2024 by [Sarvenaz Asiedu](#)

## Trauma-informed HRT Process Group (Virtual: Massachusetts)

12/16/2024 8:30 PM [recurs every 2 weeks](#) AT - Atlantic Time

A biweekly trauma-informed HRT process group. Are you... Navigating the journey of Hormone Replacement... [View More](#)

[View Details](#)

Zoom

Posted 06/07/2024 by [Becker Grumet](#)

## Queer and Transgender Process Group - Northeast Los Angeles

01/07/2025 7:00 PM [recurs every week](#) PT - Pacific Time

# Inclusive Mental Health Podcast Episodes

Diverse Perspectives Dedicated to Social Justice and Well-being

Featuring mental health advocates and professionals centering BIPOC & LGBTQIA2S+ communities.

[Join our community](#) to share your podcast episodes.

Posted 09/02/2024 by [Caitlin Harrison](#)

## The Fear of Being Too Much

Caitlin Harrison commonly hears clients and people in her life describing themselves and their needs as "too much". What this truly translates to is that we're living in an environment...

[Read More](#)

[View More](#)

Category: [Mental Wellness](#)

Posted 09/02/2024 by [Jesse Romo](#)

## Recovery, Connection, & Community with Anthony Bishop

Join Jesse and Anthony as they discuss their experiences in recovery from addiction and the social landscape of addiction and recovery. Their conversation covers a wide range of topics, including... [Read More](#)

[View More](#)

Category: [Emotional and Relational Wellness](#)

# Inclusive Therapists: Crisis plan and support lines

If you are in a mental health crisis or emergency, you are deeply valued and are not alone.

Please reach out to the crisis services listed below for support. (We do not provide crisis services here.)

- Before calling 911: If you or someone you know is in immediate, life-threatening danger and decide to call 911, please be aware that police are not equipped to offer mental health support and may even pose danger to Black, Indigenous, and People of Color, Transgender, Mentally Ill, Neurodivergent, and Disabled People.
  - Please reach out to community leaders, neighbors, friends, and family to be present if you are calling the police.
  - See below for crisis warm-lines that do not use police intervention
- For community-based alternatives to police in your city:
  - Visit: Don't Call the Police for resources with transparency about reporting policies
  - Search for mobile crisis or community response teams in your city.
    - Calling 211 in *some* cities will dispatch community response teams instead of law enforcement. Ask in advance whether they dispatch the police if this is a concern.

# Inclusive Therapists: Crisis plan and support lines (cont.)

- Ask trusted loved ones for support: In addition to calling crisis services, we warmly encourage you to let your trusted loved ones know that you are struggling. Feel free to share these tips below with them if they're helpful to you:
  - Ask them to stay with you and to make a plan together. You don't have to face this alone.
  - If you do not want police or hospital intervention, communicate this clearly.
  - Ask them to listen and empathize, and not judge, give advice, or center their own feelings.
  - If you are using substances, alcohol, or self-injury to cope, ask them to stay with you without judgement.
    - When you are ready for help, ask them to remove it from you.
- Remove weapons: If there are weapons such as guns nearby, please lock them away or ask a trusted person to remove them. Your safety is the priority.

# **WARM LINES THAT DON'T CALL THE POLICE**

More resources: [InclusiveTherapists.com/crisis](https://www.inclusivetherapists.com/crisis)

- **Call Blackline:** 1-800-604-5841
  - Centers BI&POC, LGBTQ+ Black Femme Lens
- **Trans Lifeline:** 1-877-565-8860 (US),  
1-877-330-6366 (Canada)
  - Run by & for Trans people. English & español.
- **Wildflower Alliance Peer Support Line:**  
1-888-407-4515
  - Trained peer supporters
- **Thrive Lifeline:** 1-313-662-8209
  - 24/7: Trans-led and operated
- **LGBT National Help Center:** 1-888-843-4564
- **StrongHearts Native Helpline:** 1-844-762-8483
  - 24/7: Centers Native Americans experiencing intimate partner or sexual violence

@InclusiveTherapists

# TYPES OF COPING SKILLS

## Self-Soothing

(Comforting yourself through your five senses)

1. Something to touch  
(ex: stuffed animal, stress ball)
2. Something to hear  
(ex: music, meditation guides)
3. Something to see  
(ex: snowglobe, happy pictures)
4. Something to taste  
(ex: mints, tea, sour candy)
5. Something to smell  
(ex: lotion, candles, perfume)

## Distraction

(Taking your mind off the problem for a while)

### Examples:

Puzzles, books, artwork, crafts, knitting, crocheting, sewing, crossword puzzles, sudoku, positive websites, music, movies, etc.

## Opposite Action

(Doing something the opposite of your impulse that's consistent with a more positive emotion)

1. Affirmations and Inspiration  
(ex: looking at or drawing motivational statements or images)
2. Something funny or cheering  
(ex: funny movies / TV / books)

## Emotional Awareness

(Tools for identifying and expressing your feelings)

### Examples:

A list or chart of emotions, a journal, writing supplies, drawing / art supplies

## Mindfulness

(Tools for centering and grounding yourself in the present moment)

### Examples:

Meditation or relaxation recordings, grounding objects (like a rock or paperweight), yoga mat, breathing exercises.

## Crisis Plan

(Contact info of supports and resources, for when coping skills aren't enough.)

Family / Friends  
Therapist  
Psychiatrist  
Hotline  
Crisis Team / ER  
911