

CHSS Healing Circles

Mental Health & Wellness Resources



**College of Health and Social Sciences
R.A.C.E. Initiative**

Mental Health and Wellness Referrals

Counseling and Psychological Services (SF State)(Students)

<https://psyservs.sfsu.edu>

https://psyservs.sfsu.edu/sites/default/files/documents/Searching%20for%20Therapy_0.pdf

This is a CAPS link that talks about how to seek therapy through insurance and/or find sliding scale therapy options locally

SF State Employee Assistance Program (Staff and Faculty)

<https://hr.sfsu.edu/employee-assistance-program-eap>

For those with health insurance that includes mental health, check into your plan for mental health providers and filter by “cultural expertise”, “racial issues” or similar keywords to find a practitioner that is able to help you work on these issues with you.

County access to behavioral health services (if CAPS not available or health insurance not available)

San Francisco - <https://www.sfdph.org/dph/comupg/oservices/mentalHlth/CBHS/>

Alameda County - <http://www.acbhcs.org/providers/Access/access.htm>

San Mateo County - <https://www.smchealth.org/contact-info-pod/access-call-center>

Contra Costa County - <https://cchealth.org/bhs/access-services.php>

Open Path Collective

<https://openpathcollective.org/>

*Individual therapy \$30-\$60 per session (one time \$59 lifetime fee)

Open Path Psychotherapy Collective is a non-profit nationwide network of mental health professionals dedicated to providing in-office and online mental health care—at a steeply reduced rate—to individuals, couples, children, and families in need. (from the website)

Resources from CAPS

Therapy for Queer People of Color: <https://therapyforqpoc.com/qpoc-therapist-directory-1#!directory>

LGBTQ Psychotherapists of Color in California:

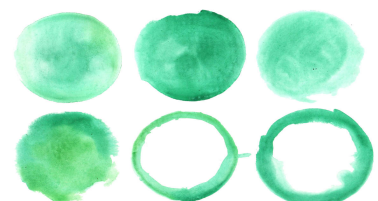
<https://www.lgbtqpsychotherapistsofcolor.com/>

Black Virtual Therapist Network: <https://www.beam.community/bvtn>

Black Female Therapist: <https://www.blackfemaletherapists.com/directory>

Therapy for Black Men: <https://therapyforblackmen.org/>

Melanin and Mental Health: <https://www.melaninandmentalhealth.com/>



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

LatinX Therapy: <https://latinxtherapy.com/>

National Network of Queer and Trans Therapists of Color: <https://www.nqttcn.com>

Safe Black Space: <https://www.safeblackspace.org>

*if you find a mental health provider that accepts your insurance, contact your insurance company directly to confirm that the therapist is “in-network” with your insurance plan. The same goes for “out of network” providers.

Additional Mental Health Resources:

<https://thelovelandfoundation.org/>

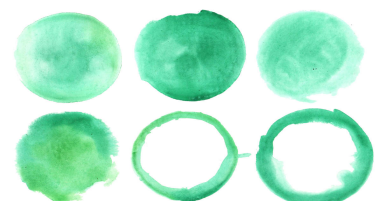
<https://www.stevfund.org/>

<https://www.self.com/story/black-mental-health-resources>

Boris Lawrence Henson Foundation: <https://borislhensonfoundation.org/>

Healing for Activists SF Bay Area

<https://healingforactivistsbayarea.weebly.com/news/why-therapy-for-activists>



Online Resources

SF State Counseling and Psychological Services (CAPS)

Racial Trauma, Resiliency, and Ally Resources

<https://caps.sfsu.edu/content/racial-trauma-resiliency-and-ally-resources>

Racial Trauma Toolkit (Institute for the Study and Promotion of Race and Culture)

<https://www.bc.edu/bc-web/schools/lynch-school/sites/isprc/isprc-advisory-board.html>

From the website:

“As this country continues to reckon with its anti-Blackness roots, the Institute for the Study and Promotion of Race and Culture (ISRPC) reiterates that racial trauma is an urgent public health concern, having serious consequences for the mental health and well-being of Black, Indigenous, and other people of Color (BIPOC) in this country and elsewhere. In the fall of 2014, amidst the deaths of multiple Black and Brown people killed by the police, the ISRPC Alumni Advisory Board came together to address ways to attend to the mental health needs of the BIPOC communities. We recognized that BIPOC were in need of mental health tools for survival and care specific to racial trauma. As a result, we created the #racialtraumaisreal Toolkit as a resource for coping with these repeated and continued experiences.”

Healing in Action: A Toolkit for Black Lives Matter Healing Justice and Direct Action (Black Lives Matter)

https://blacklivesmatter.com/wp-content/uploads/2017/10/BLM_HealinginAction-1-1.pdf

From the Toolkit:

“This toolkit was created to collate, condense and share the lessons we have learned in ensuring that our direct actions are centered on healing justice. This toolkit is a beta version; it will develop in real time as we continue to uncover the implications for healing justice in our organizing. We extend our gratitude to the BLM Healing Justice Working Group and all the chapter members who shared your insights, your innovations and your struggles to support our shared knowledge.”

