

Mental Health and Self-Care Resources for BIPOC Students

Etown Resources

- [Counseling Services](#)
- [Chaplain's Office](#)
- [Office of Diversity](#)

Apps

- Therapy App - [AYANA](#)
- Meditation App - [Shine](#)

Podcasts

- [Therapy for Black Girls](#)
- [Latinx Mental Health Podcast](#)
- [Melanin and Mental Health](#)
- [Latinx Therapy](#)
- [Brown Girl Self-Care](#)

Community & Wellness Resources

- [Asian Mental Health Collective](#)
- [BEAM Collective](#)
- [Black Virtual Wellness Directory](#)
- [Brown Girl Self-Care](#)
- [Sad Girls Club](#)
- [Ethel's Club](#)

Therapist Directories

- [Latinx Therapy](#)
- [Therapy for Black Girls](#)
- [Therapy for Black Men](#)
- [Melanin and Mental Health](#)
- [Therapy for Latinx](#)
- [Open Path Collective](#)

Further Reading

- [Filling Our Cup: Four Ways People of Color Can Foster Mental Health and Practice Restorative Healing](#)
- [Grief is a Direct Impact of Racism: Eight Ways to Support Yourself](#)