

Finding a QBIPOC Affirming Therapist

If you are concerned about accessing therapy safely as a queer, black, indigenous, and/or person of color this resource is for you. Opening up about your mental health can be a vulnerable experience and finding someone who understands where you are coming from can make all the difference. Some helpful resources to consider: [this article](#) and [this website](#).

For affirming groups at WWH, you can find more information here:

[Group Therapy](#) (led by clinicians/ billable)

[Peer Groups](#) (led by trained volunteers/ free of charge).

Groups include:

- Trans Stress Reduction
- Queer, BIPOC, Emerging Young Adults
- A Compassion Series: For the Souls of Black Women



Consider As You Look for Affirming Support

Start with Your Insurance Company

- It is always good to ask your insurance company for a list of providers in your network. This will give you some options to start to consider. It can be helpful to ask if the insurance company will reimburse for out of net-work costs for psychotherapy.
- Please note that affirming doesn't necessarily mean affordable; you'll want to be clear with the potential therapist what the cost is going to be, and whether or not they are in-network.

Psychology Today to Find a Therapist

- This resource allows you to search for providers by issue, insurance, gender, type of therapy, age, price, and more.
- The site also allows you to review a therapist's philosophy, training, and in some instances, providers have created brief videos about themselves that users may view.
- <https://www.psychologytoday.com/us>

Questions to Ask

- As you search for a therapist that is the best fit for your needs, you might find it helpful to ask questions about them and their practice.
- You can find examples of questions at
- <https://mydestanation.com/interview-questions>.

Note: *It may be important to contact multiple providers in your effort to find someone who works.*

ABOVE ALL, BE KIND TO YOURSELF

You may experience a range of emotions and feelings as you search for a therapist that meets your needs. Remember to be gentle with yourself. We hope that these resources will bring ease and support to you.

Resources

National Queer and Trans Therapists of Color Network

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

A directory resource for QTPOC to find therapists with shared identity.

Therapy for Black Girls

<https://providers.therapyforblackgirls.com/>

A directory resource for Black women seeking therapy.

Therapy for Black Men

<https://therapyforblackmen.org/>

A directory resource of therapists and coaches specifically for Black men.

Therapy for Latinx

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

A directory resource of therapists for the Latinx community.

Open Path Collective

<https://openpathcollective.org/>

Lower cost in-person and online therapy options.

Inclusive Therapists

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

Directory of therapists committed to inclusivity, justice, and liberation.

BEAM Collective

<https://wellness.beam.community/>

Find a Virtual Black therapist, doula, yoga teacher, mediator and much more.

Resources

Telehealth

Many therapists offer telehealth appointments. Many telehealth practices have emerged that take a variety of insurances; they also have educational resources on their websites. Not all sites offer telehealth in all states.

Telehealth Options

Cerebral

Expert Help for Your Emotional Health <https://cerebral.com/>

JoinCoa

Your Gym for Mental Health <https://www.joincoa.com/>

HelloAlma

Simplifying Access to Therapy <https://helloalma.com/>

MeruHealth

The New Standard of Mental Healthcare <https://www.meruhealth.com/>

LyraHealth

A Smarter Approach to Emotional Health <https://www.lyrahealth.com/>

Talk Space

<https://www.talkspace.com>

Reading Lists

[25 Black Queer Books to Honor Protests and Pride Month | Lambda Legal](#)

[The Feminist Press – Black Queer and Trans* Reading List.](#)

[Best Black queer books, according to Black LGBTQ leaders \(nbcnews.com\)](#)

[Black on Both Sides – University of Minnesota Press \(umn.edu\)](#)

[Trans, Nonbinary and GNC Voices to Help you Celebrate Pride | The New York Public Library \(nypl.org\)](#)

[Queer Theory Reading List | LGBTQ Center \(brown.edu\)](#)

Apps

[The Safe Place on the App Store \(apple.com\)](#)

[Liberate - Daily meditation app for the Black experience \(liberatemeditation.com\)](#)