



WHAT TO KNOW ABOUT

BIPOC Mental Health Support Groups

These groups bring together Black, Indigenous, and People of Color to address mental health in spaces that center their experiences, cultural contexts, and the impact of racism and structural inequity. BIPOC is a useful organizing term, but it holds real diversity: Black, Indigenous, Latino, Asian American, Pacific Islander, and multiracial communities differ in history, culture, language, and relationship to mental health systems. The best groups attend to that difference rather than treating communities of color as interchangeable, creating culturally centered spaces led by or designed for specific communities.

WHO IT'S FOR, AND WHO IT'S NOT

- A fit for people of color wanting support that centers their identity.
- Valuable after negative experiences in mainstream, predominantly white settings.
- Severe or acute presentations may need individual clinical care first.

What it's for

The full range: depression, anxiety, PTSD, substance use, grief, transitions.

Framed around racial stress, intergenerational and historical trauma.

Some are population-specific (Black women, two-spirit, first-gen students).

WHAT TO EXPECT

1 Peer groups are open and centered on shared experience and connection.

2 Clinician-led groups use culturally adapted treatments and community practices.

3 Many also help navigate systems and find culturally responsive providers.

Cultural adaptation meaningfully improves outcomes.

- A review of 63 studies found culturally adapted interventions **outperformed non-adapted treatment**, strongest when both language and content were adapted.¹
- A meta-analysis found adapted treatments held a **moderate advantage**, and therapist multicultural competence independently improved outcomes.²

MAKING THE MOST OF IT

No need to explain. The impact of racism is understood, not justified.

Culture is centered. Healing practices and values are held, not set aside.

Belonging protects. Identity affirmation is itself good for mental health.

QUESTIONS TO ASK BEFORE YOU JOIN

- 1** Is the group designed for or led by people from my community?
- 2** Is it peer support or clinician-led with culturally adapted treatment?
- 3** Does it focus on racial trauma, a life experience, or general support?

Ready to find a group?

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If you're in crisis, call or text 988.

The Group Guide is a directory, not a clinic. This handout is general education, not medical or mental health advice. Listings are written by group leaders and are not endorsements. Confirm details, cost, and fit with any group you contact. Sources on page 2.



Sources

BIPOC Mental Health Support Groups · references keyed to the numbers on page 1.

- 1 Arundell, L.-L., Barnett, P., Buckman, J. E. J., Saunders, R., & Pilling, S. The effectiveness of adapted psychological interventions for people from ethnic minority groups: a systematic review and conceptual typology. *Clinical Psychology Review* (2021), 88, Article 102063.
- 2 Soto, A., Smith, T. B., Griner, D., Domenech Rodríguez, M., & Bernal, G. Cultural adaptations and therapist multicultural competence: two meta-analytic reviews. *Journal of Clinical Psychology* (2018), 74(11), 1907–1923.

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