

# FINDING A QBIPOC AFFIRMING THERAPIST

*If you are concerned about accessing therapy safely as someone who is queer, Black, Indigenous, and/or Person of Color, this resource is tailored for you.*

*Sharing your mental health concerns can be a vulnerable experience, and having someone who understands your unique perspective can make a significant difference.*

- 1** Be specific in your research. Example: Search “Indigenous therapist who works with trauma” rather than generic “therapists near me.”
  - Look for a psychologist, a clinical social worker (LCSW), or a mental health counselor (LPC, LMFT).
- 2** Interview and evaluate the therapists and try to meet around 2-3 to see if they’re a good match for you. [Click for example questions here!](#)
- 3** If you do not have insurance, income, or are undocumented, there are additional resources like LGBTQIA+ centers, domestic violence agencies, rape crisis centers, and community-based health clinics that offer free or low-cost services. If you are insured, check out your insurance company’s in-network providers.
- 4** 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 TO CONSIDER

### Whitman Walker Health (WWH)

WWH offers various LGBTQIA+ culturally responsive resources like [medical](#) and community care, [gender affirming care and services](#), [behavioral health](#), and [dental health](#).

#### Behavioral Health includes:

- Individual Therapy (Clinicians/Billable)
- Group Therapy (Clinicians/Billable)
- Peer Groups (Trained Volunteers/Free)

#### Peer Group Supports (Subject to Change):

- When Words Aren’t Enough
- A Compassion Series: For the Souls of Black Women
- Mask Off for Black cismen, transmen, and non-binary individuals
- My Own Creation: Gender Affirmation Surgery Group



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# CONSIDER AS YOU LOOK FOR AFFIRMING SUPPORT

## **Start with Your Insurance Company**

It's advisable to request a list of in-network providers from your insurance company to have initial options and inquire about reimbursement for out-of-network psychotherapy costs, but confirming affordability and network status directly with the therapist is crucial.

## **Use Psychology Today to Find a Therapist**

This resource enables users to search for providers based on various criteria such as issue, insurance, gender, therapy type, age, price, and more, while also offering insights into therapists' philosophies, training, and occasionally featuring brief videos.

**LEARN MORE** ➔

## RESOURCE GUIDE

### **BIPOC Mental Health Resources**

- Directory of therapist resources for Black women
- Directory of resources for Trans community
- Directory of therapist resources for Asian Americans
- Directory of therapist resources for Black men
- Directory of therapist resources for Latinx community

### **Telehealth Resources**

- Open Path Collective (Lower-cost in-person and online therapy options)
- Inclusive Therapists (Directory of therapists committed to inclusivity, justice, and liberation)
- BEAM Collective (Find a Virtual Black therapist, doula, yoga teacher, mediator and much more)

### **Reading Lists**

- 52 Must Read LGBTQ+ Books by BIPOC Authors
- 7 Books for Trans POC
- Must Read Books by Transgender, Non-Binary & Gender Non-Conforming Authors
- 12 Black Queer Books to Read During Black History Month
- 15 Queer Books by Latinx Authors

### **Apps**

- The Safe Place - Resources addressing discrimination & trauma within the Black community
- VODA - Self-guided therapy programs designed by leading LGBTQIA+ psychotherapists
- Thunderbird Wellness App - Indigenous/First Nations Wellness App



**ABOVE ALL,  
BE KIND TO YOURSELF**



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