Therapy Resources for BIPOC Communities
Note: These descriptions are pulled directly from respective websites. Please see links to learn more about services provided. Updated: February 25, 2021

**The Sunny Side: Acupuncture and Healing Arts**
A minority-owned Chinese Medicine clinic located offering affordable and private acupuncture treatments with a passion for providing quality care for artists, creatives and others who want to be their better and hiestest self. [@sunnysidehealing](#)

**Ayana Therapy**
A user-friendly app that matches users communities with compatible licensed therapists based on their unique experiences and identities across race, gender identity, class, sexuality, ethnicity, and ability. [@anaya_therapy](#) [@ayanatherapy](#)

**Black Mental Health Alliance**
A platform designed to develop, promote and sponsor trusted culturally-relevant educational forums, training and referral services that support the health and well-being of Black people and vulnerable communities.

**Better Help**
The world's largest e-counseling platform, where professional counseling is accessible, affordable, and convenient.

**Just Davia**
A directory of resources and therapists of color. [@justdavia](#)

**Culture@3 Working Group Resources**
Resources including therapist directories, and other helpful resources. Artwork: Cristina Daura, New York Times

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