

**Resources from OperaAmerica BIPOC Mental Health Talk**  
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American Resources

- [American Dance Therapy Association](#)
- [American Art Therapy Association](#)
- [TherapyDen](#)
  - \*[PsychologyToday](#)
- [OpenPath Collective](#) – sliding-scale therapist directory
- [NAMI BIPOC Resources](#)
- [Call Blackline](#) (prioritizes BIPOC)
- [LGBTQ+ Hotline](#) 888-843-4564
- [The Trans Lifeline](#) 877-565-8860
- [National Suicide Hotline](#) 800-273-8255
- [Crisis Text Line](#)
  - \*Search for your local [Warmline](#)

Canada:

- [Resources for Marginalized Communities](#)
- [BIPOC Resources](#)
- [Canadian Art Therapy Association](#)
- [Canada Suicide Prevention Service](#) (1.833.456.4566)
- [Egale \(2SLGBTQI+\)](#)