



Race

General Mental Health Support

Helplines and Therapy

- Black Minds Matter (free mental health services) provides black therapists for black people suffering from mental health issues. This can help you self-refer. <https://www.blackmindsmatteruk.com/enquiry-about-therapy>
- The Empowerment group (1:1 therapy) provides free therapy for black people in the UK. <https://www.theempowermentgroup.co.uk/>
- Asian Mental Health Helpline (helpline) provides mental health support in many different languages (Gujarati, Punjabi, Hindi, Urdu, English) <https://www.rethink.org/help-in-your-area/services/advice-and-helplines/rethink-sahayak-asian-mental-health-helpline/>

Cultural awareness in healthcare

- Equality and Human Rights Commission (info) focuses on cultural awareness. It is aimed at 'cultural awareness in healthcare' but has a lot of generally useful information on it as well. <http://www.equalityhumanrights.com/en>
- Ethnicity Online (info) is devoted to addressing the need for a better understanding of ethnic differences in healthcare. <http://www.ethnicityonline.net/>