

Affording Therapy:

Financial Assistance Resources

- **BIPOC FOLKS**

- **Asian Mental Health Collective (AMHC) Lotus Therapy Fund**
 - AMHC aspires to make mental health easily available, approachable, and accessible to Asian communities worldwide.
- **Asian Mental Health Project Mental Health Assistance Grant**
 - The Asian Mental Health Project aims to educate and empower Asian communities in seeking mental healthcare.
- **Black Girls Smile Charlyne McFarland Therapy Assistance Program**
 - Black Girls Smile provides gender-responsive and culturally-affirming mental wellness education, resources, and support geared toward Black women and girls.
- **Black Men Health Individual Therapy Program**
 - Black Men Heal is a grassroots nonprofit organization that was created as a solution to a broken inequitable mental health care system that does not center the needs of marginalized black and brown communities. Their focus centers on the mental health needs of Black Men because of the lack of resources attending solely to this population. Their mission is to provide mental health treatment, education, and resources to Men of color. Their goals are to eliminate the barriers that contribute to health disparities and inequities that exist for BIPOC communities to seek treatment, and to help increase the likelihood that Black men will self-initiate treatment for mental health struggles.
- **Boris Lawrence Henson Foundation (BLHF) Mental Wellness Support Program (MWSP)**
 - BLHF actively promotes mental wellness and strives to eradicate stigmatizing language surrounding mental illness through impactful programs, awareness campaigns, and educational initiatives. With a focus on providing vital mental health resources and fostering an environment of understanding and acceptance, BLHF encourages the Black community to seek help and support without fear or shame. They are working towards a future where mental health thrives in Black communities, empowering individuals to prioritize well-being and access the care deserved.

- **Free Black Therapy**
 - A Nonprofit Organization dedicated to providing remote mental health services with Black Mental Health professionals for Black and African American individuals.
- **International Women's Media Foundation (IWMF) Black Journalists Therapy Relief Fund**
 - The IWMF is the only global organization built to serve the holistic needs of women and nonbinary journalists. They are a bold and inclusive organization that supports journalists where they are with awards, reporting opportunities, fellowships, grants, safety training and emergency aid. As one of the largest supporters of women-produced journalism, their transformative work strengthens equal opportunity and press freedom worldwide.
- **Loveland Foundation Therapy Fund**
 - Loveland Foundation is committed to showing up for communities of color in unique and powerful ways, with a particular focus on Black women and girls. Their resources and initiatives are collaborative, and they prioritize opportunity, access, validation, and healing.
- **Mental Health Liberation BIPOC Therapy Fund**
 - Mental Health Liberation bridges Black, Indigenous and People of Color (BIPOC) with free, quality therapy, empowering Students & Clinicians of Color, dismantling systemic inequity, and reclaiming healing for melanated, marginalized and displaced Peoples.
- **Mind and Wellness Foundation (MAWF) Therapy Grant**
 - MAWF is committed to saving the lives of young people, particularly those of color. Through increased awareness, education, research, and access to resources, they seek to eradicate the stigma and change the narrative around mental health, paving a new path that changes the way mental health is recognized, discussed, supported, and cared for in the communities of not only people of color, but all communities.
- **Therapy for Black Men Financial Assistance for Therapy Sessions**
 - Therapy for Black Men's mission is to break down the stigma surrounding mental health care for Black men. Their platform offers a safe and culturally-sensitive space for those seeking support. They believe that everyone deserves access to compassionate care without fear of judgment. Their team is fully committed to making this a reality for clients.

- **The Alejandre Foundation Therapy Dinero**
 - The Alejandre Foundation works with the Latinx community to increase financial accessibility for bilingual, mental health therapy services and reduce the cultural and social stigma of mental health across the nation.
- **CHILDREN**
 - **Oracle Health Foundation Pediatric Grant**
 - Oracle Health Foundation delivers pediatric grants and school-based wellness programs to create healthier tomorrows and stronger communities. They believe all children deserve access to the healthcare they need, no matter their life circumstances, and they strive toward a world in which that's the reality.
 - **Special Angels Foundation Individual Grants**
 - Special Angels Foundation is a charitable organization devoted to making the world a better place through various initiatives and fundraiser programs designed specifically to help families of special needs children. They focus on families with children who have developmental disabilities. They believe every child is special and they support their parents' dream of providing a happy, successful, independent, and fulfilled life for their child or children.
 - **UnitedHealthcare Children's Foundation Grant**
 - UnitedHealthcare Children's Foundation (UHCCF) is a charitable organization that provides medical grants to help children gain access to health-related services not covered, or not fully covered, by their family's commercial health insurance plan. Applicants don't have to be members of UnitedHealthcare to apply.
- **ENTERTAINMENT PROFESSIONALS**
 - **Behind the Scenes Counseling Grant**
 - The Behind the Scenes Foundation is a non-profit organization established in early 2005 to create and support charitable programs for the entertainment technology industry. Their vision statement is to provide a safety net for entertainment technology professionals who are seriously ill or injured or in need of mental health or substance use support.

- **Music Health Alliance Request Assistance**
 - At Music Health Alliance, their mission is to #HealTheMusic by providing access to healthcare by removing barriers, finding solutions, and restoring health and hope for music industry professionals nationwide.
- **Music's Mental Health Fund**
 - Music's Mental Health Fund is a partnership between Sweet Relief Musicians Fund and Backline. They provide financial assistance to music industry professionals in need of mental health services.
- **Will Rogers Motion Picture Pioneers Foundation Assistance Fund**
 - Will Rogers Motion Picture Pioneers Foundation provides financial assistance and supportive counseling to those who work in theatrical exhibition, distribution and vendors exclusive to either sector who are experiencing hardship due to illness, accident or underemployment.
- **FOOD AND BEVERAGE WORKERS**
 - **Children of Restaurant Employees (CORE) Grant**
 - CORE is a national non-profit that is dedicated to providing support to the food & beverage service industry. CORE grants financial assistance to food and beverage operations employees with children when the employee, their spouse/domestic partner, or their child is faced with a life-altering health crisis, injury, death or natural disaster.
 - **Southern Smoke Foundation Food Mental Health Program**
 - Southern Smoke Foundation is a nonprofit founded and powered by current and past F+B workers, they've felt the heat of their industry firsthand. Their efforts are dedicated to creating a meaningful safety net of support that doesn't exist for most people in their world.
 - **USBG Bartender Emergency Assistance Program**
 - The USBG National Charity Foundation is committed the Foundation's mission to advance the lifelong stability & wellbeing of service industry professionals through education & charitable activities. The USBG National Charity Foundation strives to achieve their mission through three programmatic pillars: Social Responsibility (Health & Wellness: physical, financial, and mental), Community Service, and Philanthropy (emergency hardship grants).

- **INDIVIDUALS WITH MEDICAL CONDITIONS**

- **Joe Andruzzi Foundation Assistance**

- The Joe Andruzzi Foundation is a non-profit organization committed to providing help, hope, and a reason to smile, for New England cancer patients and their families by contributing financial support when it is needed most.

- **Patient Advocate Foundation Financial Aid Funds**

- Patient Advocate Foundation is a national non-profit organization which provides case management services and financial aid to Americans with chronic, life threatening and debilitating illnesses.

- **LGBTQIA+ FOLKS**

- **Healing the Margins Therapy Fund**

- It is the hope of Healing in the Margins that they can create systemic change that disrupts this cycle, creating sustainability and care for clinicians and community members in the margins.

- **Massachusetts Transgender Political Coalition Relief and Emergency Assistance for Community Hope**

- The Massachusetts Transgender Political Coalition is an advocacy, education, and community leadership organization that works to ensure the wellbeing, safety, and lived equity of all trans, nonbinary, and gender expansive community members in Massachusetts. They support and advocate for all persons who have been, are being, or might be deprived of equal rights and/or fair treatment because of their gender identity or gender expression.

- **National Queer & Trans Therapist of Color Network Mental Health Fund**

- National Queer and Trans Therapists of Color Network is a healing justice organization actively working to transform mental health for queer and trans Black, Indigenous and People of Color (QTBIPOC).

- **Stand with Trans Therapy Assistance Program**

- Stand with Trans empowers and supports transgender youth and their loved ones.

- **NEURODIVERGENT FOLKS**

- **Autistic People of Color Fund**

- The Autistic People of Color Fund practices redistributive justice and mutual aid by returning and sharing money directly to and with autistic people of color. They provide microgrants to Black, Brown, Native, Asian, and mixed-race people in the autistic community for survival, organizing, leisure, and pleasure. They are committed to the principles of Disability Justice, including leadership by those most impacted, intersectionality, anti-capitalist politics, cross-movement solidarity, interdependence, collective access, and collective liberation. Their work is grounded in commitment to ending extractive economies and building and sustaining generative economies.

- **California Autism Resource & Evaluation Foundation (CARE) Grant Program**

- CARE Foundation is an organization devoted to improve the future for all who struggle with autism spectrum disorders.

- **Doug Flutie Jr. Foundation for Autism Joey's Fund | Hope Fund Grant**

- Doug Flutie Jr. Foundation for Autism aims to help people and families affected by autism live life to the fullest.

- **MyGOAL Autism Grant Program**

- MyGOAL exists to support families and individuals affected by autism and other intellectual disabilities throughout their lifespan.

- **OTHER**

- **Chive Charities Grants**

- Chive Charities is committed to creating a diverse environment and recipient portfolio and is proud to be an equal opportunity organization. They are committed to championing those most in need, targeting four cause categories: veterans, military families, first responders, and rare medical diagnoses.

- **Fight Health Insurance**

- Fight Health Insurance is currently a passion project. They decided to create Fight Health Insurance because they're tired of dealing with health insurance denials. In their opinion, many health insurance denials are bogus, and the insurance companies depend on us not appealing them. Their hope that by making it easier to appeal medical health insurance denials, we can change that calculus on insurance companies' part.

- **To Write Love on Her Arms Treatment & Recovery Scholarship Program**
 - To Write Love on Her Arms (TWLOHA) is a nonprofit movement dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury, and suicide. TWLOHA exists to encourage, inform, inspire, and invest directly into treatment and recovery.
- **TRAUMA INFORMED TREATMENT**
 - **Rebekah's Angels Assistance**
 - Rebekah's Angels dismantles the costs associated with trauma focused therapy while providing a safe space for children and families to talk about their trauma. They adopt an individualized approach to treat every case with the utmost consideration.