

SUFFOLK COUNTY COMMUNITY COLLEGE'S MENTAL HEALTH & WELLNESS SERVICES

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AMHC's mission is to de-stigmatize and normalize mental health within the Asian community. They work to raise awareness about the importance of mental health care and emotional well-being among Asian communities.

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BEAMs mission is to remove the barriers that Black people experience getting access to or staying connected with emotional health care and healing. They do this through education, training, advocacy and the creative arts.

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BMHA's mission is to develop, promote and sponsor trusted culturally-relevant educational forums, trainings and referral services that support the health and well-being of Black young men. The goals of this initiative are to help educate friends, family members, and the community about depression and stress and to communicate the importance of seeking help. They offer an online toolkit for young men and their communities.

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