

ACA Resolution

ACA Resolution on the Pandemic and Exacerbated Mental Healthcare Disparities Affecting Minoritized Communities

The American Counseling Association (ACA) recognizes that the spectrum of racial, economic, physical, and mental healthcare disparities, compounded by pandemic conditions, obstructs access to affordable quality mental health services—a human right.

ACA stands with Black, Indigenous, and People of Color (BIPOC) and other minoritized populations disproportionately impacted by the burden of health inequity, mental health disparities, and oppression intensified by the COVID-19 pandemic crisis. As the pandemic persists, many members of these populations face long-established and worsening mental health disparities and inaccessibility to affordable services. In fact, the disproportionate economic burden of the pandemic has exacerbated existing racial, ethnic, gender, and sociocultural disparities.

Therefore, the escalating environmental stressors and socioeconomic disparities due to the pandemic can contribute to anxiety, depression, and trauma in BIPOC and other minoritized populations. Thus, ACA recognizes the need for counselors to further engage in targeted education and advocacy efforts that intentionally mitigate the widening burden of the pandemic on minoritized populations. Further, ACA fosters culturally competent training and practices that aim to support and empower minoritized individuals, families, and communities with resources to withstand the pandemic.

Given ACA's growing awareness and response to the pandemic and the resulting disparities, ACA is committed to training and educating members, providing resources and infographic data, and presenting advocacy tools for ACA members in immediate and future response to the pandemic.