

Resources for Latine Mental and Emotional Well-Being



1 in 5 Latine adults in the US experienced a mental health need in the past year, while at the same time, were less likely to access mental health supports ([SAMHSA, 2023](#)). This list contains a collection of national mental health provider directories with aims of supporting and increasing access to a diverse range of resources. Each of the directories listed below is a starting place and may not reflect all the resources available in each community. We recommend reaching out to state mental health departments, coalitions, professional associations, federally qualified health centers, tribal territories and organizations, or student wellness programs which may be integrated in local schools, colleges, and universities. Lastly, we encourage the sharing of this resource directory to bring awareness to mental health, increase resource exchange, and build community.

Latine-Specific Directories of Mental Health Providers

- Latinx Therapists Action Network: <https://latinxtherapistsactionnetwork.org/directory/>
- Latinx Therapy: <https://latinxtherapy.com/find-a-therapist/>
- League of United Latin American Citizens DACA mental health resources: <https://lulac.org/daca/mental/>
- Therapy for Latinx: <https://www.therapyforlatinx.com/>
- United We Dream Mental health resources for people without documents: <https://unitedwedream.org/our-work/undocuhealth-wellness/>

State and Local Resources

A selection from many resources that may be available. To be added to this list please contact info@ncdvtmh.org:

- Arizona, California, Nevada, New Mexico, and Texas
 - Chicanos Por La Causa: <https://www.cplc.org/>
- Arizona
 - Advance Community: <https://advancecommunity.org/>
- California
 - LA LGBT Center: <https://lalgbtcenter.org/services/mental-health-psychiatry-services/>
 - Los Angeles County Department of Mental Health: <https://dmh.lacounty.gov/get-help-now/>
 - Take Action 4 Mental Health: <https://takeaction4mh.com/>
- Colorado
 - La Cocina: <https://www.lacocinahome.org/clinical>

State and Local Resources (Continued)

- Florida
 - Clinica mi Salud: <https://clinicamisalud.org/>
 - Latino Kids and Family Mental Health: <https://www.latinokidsandfamily.org/>
 - Latinos Salud: <https://www.latinossalud.org/>
- Iowa
 - Iowa Department of Human Rights: <https://humanrights.iowa.gov/la/iowa-latino-bilingual-andor-bi-cultural-mental-health-providers>
- New Mexico
 - Centro Savila, serving Bernalillo County: <https://www.centrosavila.org/>
- North Carolina
 - El Futuro: <https://elfuturo-nc.org/>
 - Vecinos, Inc.: <https://vecinos.org/>
- Oregon
 - Safe + Strong Oregon: <https://www.safestrongoregon.org/mental-and-emotional-health/care-in-your-community/latino-latina-hispanic>
- Texas
 - Mental Health TX: <https://mentalhealthtx.org/>
 - Austin Latinx Chicanx Behavioral Health Network: <https://hogg.utexas.edu/events-networks/lcbhn>
 - Avance, focusing on mental health within the Dallas Hispanic community in high-risk areas: <https://avance-ntx.org/programs/welltogether/>

Culturally-Specific Directories of Mental Health Providers

- Asian and Pacific Islander Therapists:
 - Asian Mental Health Collective: <https://www.asianmhc.org/therapists/>
 - National Asian American Pacific Islander Mental Health Association: <https://www.naapimha.org/aanhpi-service-providers>
 - South Asian Mental Health Initiative and Network: <https://samhin.org/provider-directory/>
- BIPOC (and sometimes LGBTQIA2S+) Focused:
 - Inclusive Therapists: <https://www.inclusivetherapists.com/>
 - InnoPsych: <https://www.innopsych.com/findatherapist>
 - Melanin and Mental Health: <https://www.melaninandmentalhealth.com/directory-therapists/>
 - Therapy in Color: <https://www.therapyincolor.org/>

Culturally-Specific Directories of Mental Health Providers (continued)

- **Black Communities:**
 - **Black Emotional and Mental Health Collective:** <https://wellness.beam.community/>
 - **The Boris Lawrence Henderson:** <https://resourceguide.borislhensonfoundation.org/>
 - **Therapy for Black Girls:** <https://providers.therapyforblackgirls.com/>
 - **Therapy for Black Men:** <https://therapyforblackmen.org/therapists/>
- **Christian Communities:**
 - **Black Christian Therapy:** <https://www.blackchristiantherapy.org/directory>
 - **CatholicTherapists.com:** <https://www.catholictherapists.com/>
 - **Christian Counselor Directory:** <https://www.christiancounselordirectory.com/FindATherapist/>
 - **Mormon Mental Health Association:** <https://mormonmentalhealthassoc.org/find-a-provider/>
- **Deaf Communities:**
 - **Deaf Counseling Center:** <https://deafcounseling.com/counseling-services/>
 - **National Deaf Therapy:** <https://nationaldeaftherapy.com/therapists/>
- **Jewish Communities:**
 - **NEFESH: The International Network of Orthodox Mental Health Professionals:**
<https://nefesh.org/therapists>
 - **OK Clarity:** <https://okclarity.com/directory/>
- **LGBTQIA2S+ (and sometimes also BIPOC) Communities:**
 - **Inclusive Therapists:** <https://www.inclusivetherapists.com/>
 - **National Queer & Trans Therapists of Color Network:** <https://nqttcn.com/en/mental-health-directory/>
 - **Therapy for Queer People of Color:** <https://providers.therapyforqpoc.com/>
- **Muslim Communities:**
 - **Institute for Muslim Mental Health:** <https://muslimmentalhealth.com/findtherapist/>
 - **MUHCEN, specializing in serving those with disabilities:**
<https://muhsen.org/service-provider-directory/>
- **Secular Communities:**
 - **The Secular Therapy Project:** <https://www.seculartherapy.org/>

Government-Hosted Directories of Mental Health Providers

- **HRSA's Find a Health Center:** A directory of all HRSA-funded health centers where services are provided regardless of a person's ability to pay. Health centers must offer at least short-term support and referrals for behavioral health. <https://findahealthcenter.hrsa.gov>
- **Indian Health Service:** www.ihs.gov/findhealthcare
- **Substance Abuse and Mental Health Services Administration's (SAMHSA) Find Support Tool:** information and support resources at www.samhsa.gov/find-support
- **SAMHSA's Find Treatment Tool:** <https://findtreatment.gov> or text your zip code to 435748 (HELP4U)
- **U.S. Department of Veterans Affairs:** www.va.gov/find-locations

Professional Associations' Directories

- **American Association for Marriage and Family Therapy:** www.aamft.org/Directories/Find_a_Therapist.aspx
- **American Psychological Association:** <https://locator.apa.org>
- **Anxiety and Depression Association of America:** <https://members.adaa.org/page/FATMain>
- **National Association of Social Workers:** www.helpstartshere.org/find-a-social-worker
- **National Council for Mental Wellbeing:** www.thenationalcouncil.org/get-involved/members
- **National Register of Health Services Psychologists:** www.findapsychologist.org
- **Psychology Today:** www.psychologytoday.com/us

Peer Support Resources

- **Anxiety and Depression Association of America:** <https://healthunlocked.com/anxiety-depression-support/about>
- **Empowerwork:** support with work-related stress, with a focus on supporting those who experience workplace inequity: www.empowerwork.org/how-it-works
- **Interfaith Network on Mental Illness:** <https://inmi.us/find>
- **Mental Health America:** <https://screening.mhanational.org/connect>
- **National Alliance on Mental Illness:** <https://nami.org/findsupport>

Mental Health Crisis Hotlines and Support Warmlines

- **Blackline:** for the Black, Black LGBTQI, Brown, Native and Muslim community: call or text 1-800-604-5841, learn more at www.callblackline.com, available in English
- **Boys Town Suicide and Crisis Line:** for children and families: call 1-800-448-3000, text "VOICE" to 20121, for speech- and hearing-impaired email hotline@boystown.org, learn more at www.boystown.org/hotline, available in English, Spanish, and over 100 languages through interpretation on request
- **Crisis Text Line:** text "HOME" to 741741, for Spanish text "AYUDA" to 741741, learn more, chat online, or connect to WhatsApp at <https://www.crisistextline.org/>, available in English and Spanish
- **LGBT National Help Center:** for all ages call 1- 888-843-4564, for youth ages 25 and younger call 1-800-246-7743, for seniors age 50 and above call 1-888-234-7243, for coming-out support call 1-888-OUT-LGBT (688-5428), learn more or chat online at <https://www.lgbthotline.org/>, available in English
- **Military OneSource:** support for service members and their families: call 1-800-342-9647, chat online or find international calling options at www.militaryonesource.mil/non-medical-counseling/military-onesource, available in English and over 100 languages through interpretation on request
- **Naseeha:** for Muslim youth: call or text 1-866-NASEEHA (627-3342), learn more at <https://naseeha.org/helpline-and-textline/>, available in English, French, Urdu, Punjabi, Arabic, Turkish, Somali, Bengali, and Swahili
- **National Alliance on Mental Illness (NAMI) Helpline:** call 1-800-950-NAMI (6264), text "HelpLine" to 62640, for teens and young adults text "Friend" to 62640, chat online at www.nami.org/help or email helpline@nami.org, available in English and Spanish
- **National Maternal Mental Health Hotline:** call or text 1-833-TLC-MAMA (6262), TTY: dial 711 then 1-833-852-6262, learn more at <https://mchb.hrsa.gov/national-maternal-mental-health-hotline>, available in English and Spanish
- **National Suicide Prevention Lifeline:** call, text, or videophone 988, for Spanish text "AYUDA" to 988, TTY: dial 711 then 988, learn more or chat online at <https://988lifeline.org/chat>, available in English and Spanish through text and chat, available in other languages by phone on request
- **On Our Sleeves:** state-by-state directory of hotlines and warmlines focused on supporting children's mental health: www.onoursleeves.org/mental-health-resources/national-state-resources

Mental Health Crisis Hotlines and Support Warmlines (Continued)

- **SAMHSA's National Helpline:** for referrals to local treatment facilities, support groups, and community-based organizations: call 1-800-662-HELP (4357), TTY: 1-800-487-4889, available in English and Spanish, visit www.samhsa.gov/find-help/national-helpline
- **Teen Line:** call 1-800-852-8336, text "TEEN" to 839863, email via www.teenline.org/email-us, learn more at www.teenline.org, available in English
- **The Trevor Project:** for information and support for LGBTQ+ youth: call 1-866-488-7386, text "START" to 678678, learn more or chat online at www.thetrevorproject.org, available in English
- **Trans Lifeline:** call 1-877-565-8860, learn more at <https://translifeline.org>, available in English and Spanish
- **Veterans Crisis Line:** call 988 and press 1, text 838255, learn more at www.veteranscrisisline.net, available in English, Spanish, and over 100 languages through interpretation on request
- **Women Veterans Call Center:** call or text 1-855-829-6636, learn more at www.womenshealth.va.gov/wvcc.asp, available in English