



Faces of Resilience

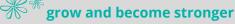
"I want to help someone and give back their mental freedom - it's the most liberating thing I can do. Because . . .

when you enslave the mind,

you enslave the body."

- Jessica, PhD Candidate -





Find Resilience and Mental Wellness Resources

www.bachac.org/resilience-mental-health-wellness-initiative



Choosing Mental Health Care that Fits Your Cultural Background | NAMI

NAMI Helpline Monday - Friday, 7AM – 7PM PST (\$\script{0}\$ (800) 950-NAMI (6264) \textstyle helpline@nami.org Text "NAMI" to 741741 @www.nami.org/help | Your Journey Handout: https://bit.ly/3wwcXXF

Find a therapist through the following networks:



San Mateo County Behavioral Health Recovery Services to find a therapist who accept medi-CAL insurance or for those who are uninsured.

(\$00) 686-0101 TTY: for deaf or hearing impaired

NAMI FaithNet to find a faith based support group

namifaithnet@nami.org (HelpLine (800) 950-NAMI (6264)

CareSolace -a live 24/7 concierge to find local mental health programs and counseling services. Funded by local school school districts. **(** (888) 515-0595

Resilience & **Mental Wellness**

GET HELP NOW 24/7 Crisis Hotline

(800) 273-TALK (8255) | (650) 579-0350

Online Support: www.sanmateocrisis.org





Therapists of Color Network

www.therapistsofcolor.org/directory.html

The National Queer & Trans Therapists of Color Network www.ngttcn.com/en/mental-health-directory/

Latinx Therapists and Speakers

www.latinxtherapv.com

Therapy for Latinx

www.therapyforlatinx.com

Psychology Today

www.psychologytoday.com



Toward Health

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