



Lesley Cherry, LMFT
Private Therapist
www.thewisemindinstitute.com



BAY AREA
Community Health
Advisory Council

Faces of Resilience

"We are dying from the stress of microaggressions. What can we do? Find your people, research your personal history, or talk to a therapist or someone you trust in your life about your experiences.

Talking increases the longevity of our lives."

- Lesley, LMFT -



grow and become stronger

Find Resilience and Mental Wellness Resources

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

Photographer: Darius Riley, www.hourvoyes.com

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TOGETHER
TOWARD HEALTH

Choosing Mental Health Care that Fits Your Cultural Background | NAMI

NAMI Helpline Monday - Friday, 7AM - 7PM PST 📞 (800) 950-NAMI (6264) ✉️ 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:



BAY AREA
Community Health
Advisory Council

Resilience & Mental Wellness Initiative



GET HELP NOW



24/7 Crisis Hotline

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

Online Support: www.sanmateocrisis.org

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

📞 (800) 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 districts. 📞 (888) 515-0595

Therapists of Color Network

www.therapistsofcolor.org/directory.html

The National Queer & Trans Therapists of Color Network

www.nqttcn.com/en/mental-health-directory/

Latinx Therapists and Speakers

www.latinxtherapy.com

Therapy for Latinx

www.therapyforlatinx.com

Psychology Today

www.psychologytoday.com



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