



Mary Latu, LMFT  
School Based Therapist  
[www.cassybayarea.org](http://www.cassybayarea.org)



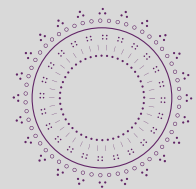
**BAY AREA**  
Community Health  
Advisory Council

# Faces of Resilience

"Many people feel overlooked and invalidated - it's important to breakdown the walls and provide psychoeducation about what they are experiencing.

**It's their own experience and they deserve to be heard."**

- Mary, LMFT -



**grow and become stronger**

**Find Resilience and Mental Wellness Resources**

[www.bachac.org/resilience-mental-health-wellness-initiative](http://www.bachac.org/resilience-mental-health-wellness-initiative)

Photographer: Darius Riley, [www.hourvoyes.com](http://www.hourvoyes.com)

This project was funded by a grant from 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](mailto:helpline@nami.org)

💬 Text "NAMI" to 741741 🌐 [www.nami.org/help](http://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](http://www.sanmateocrisis.org)

Find Resilience and Mental Wellness Resources

[www.bachac.org/resilience-mental-health-wellness-initiative](http://www.bachac.org/resilience-mental-health-wellness-initiative)

**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](mailto: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](http://www.therapistsofcolor.org/directory.html)

**The National Queer & Trans Therapists of Color Network**

[www.nqttcn.com/en/mental-health-directory/](http://www.nqttcn.com/en/mental-health-directory/)

**Latinx Therapists and Speakers**

[www.latinxtherapy.com](http://www.latinxtherapy.com)

**Therapy for Latinx**

[www.therapyforlatinx.com](http://www.therapyforlatinx.com)

**Psychology Today**

[www.psychologytoday.com](http://www.psychologytoday.com)



**TOGETHER  
TOWARD HEALTH**

This project was funded by a grant from Together Toward Health