



Mateus Porter, LMFT
Private Therapist & Clinical Supervisor
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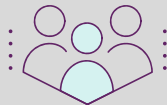
BAY AREA
Community Health
Advisory Council

Faces of Resilience

"Being the "only one" who looked like me in school, at my workplace, and in my community has definitely created questions and sometimes doubts for me. When people feel like they're the "only one," I can speak to that feeling. I learned along the way, with the help of my mentor and other people in my life, that therapy was my calling.

I do belong."

- Mateus, 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

This project was funded by a grant from Together Toward Health



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

Find Resilience and Mental Wellness Resources

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



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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