



Yadira Herrera, LCSW
School Based Therapist



BAY AREA
Community Health
Advisory Council

Faces of Resilience

"When things were hard, I could talk to my school counselor. I like that my counselor was a safe person. I always knew I wanted to give people **a safe space and be a safe person** to talk to in a school setting."

- Yadira, LCSW -



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



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



**TOGETHER
TOWARD HEALTH**

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