

Health Resources and Services Administration (HRSA)

HRSA programs provide health care to people who are geographically isolated, and economically or medically vulnerable. This includes programs that deliver health services to people with HIV, pregnant people, mothers and their families, those with low incomes, residents of rural areas, American Indians and Alaska Natives, and those otherwise unable to access high-quality health care. HRSA also supports the training of health professionals, the distribution of health care providers to areas where they are needed most, and improvements in health care delivery.

<https://www.hrsa.gov/> | <https://findahealthcenter.hrsa.gov/>

American Foundation for Suicide Prevention

AFSP is a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education and advocacy to take action against this leading cause of death.

<https://afsp.org/>

American Psychological Association (APA)

APA is the leading scientific and professional organization representing psychology in the United States, with a mission to promote the advancement, communication, and application of psychological science and knowledge to benefit society and improve lives.

<https://www.apa.org/>

American Psychiatric Association (APA)

The APA is the premier psychiatric organization advancing mental health, with the goal of promoting the rights and best interests of patients and those actually or potentially making use of psychiatric services for mental illness, including substance use disorders.

www.psychiatry.org

American Society of Hispanic Psychiatry (ASPH)

ASPH works to foster multidisciplinary collaborations in mental health treatment with a specific focus on Hispanic and Latino populations.

<http://www.americansocietyhispanicpsychiatry.com/>

Behavioral Health Treatment Services Locator

The Behavioral Health Treatment Services Locator is a confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance use/addiction and/or mental health problems.

<https://findtreatment.samhsa.gov/>

Live Another Day

Live Another Day provides mental health resources for all, including a curated list of mental health resources for BIPOC (Black, Indigenous and People of Color communities), along with treatment center resource lists. Some resources are available in Spanish, Cantonese, Mandarin, Japanese, Korean, and Fujianese.

<https://liveanotherday.org/bipoc/>

Mental Health America (MHA)

MHA works at both the national and local levels to raise awareness about mental health and help address the needs of those living with mental illness.

<https://www.mhanational.org/finding-help>

MentalHealth.gov

MentalHealth.gov provides one-stop access to U.S. government mental health and mental health problems information.

MentalHealth.gov | <https://espanol.mentalhealth.gov/>

Mental Health Resource Hub

The Mental Health Resource Hub from the National Center for Farmworker Health (NCFH) was developed to address the need for information on behavioral health integrated services and mental health with Migratory and Seasonal Agricultural Workers (MSAWs). The Hub provides patient education materials, mental health screening tools, and national resources that support mental health outreach and advance integrated behavioral health interventions utilized with the MSAW population.

http://www.ncfh.org/mental_health_hub.html

National Alliance for Hispanic Health

The National Alliance for Hispanic Health provides resources for the Hispanic population on the key areas of COVID-19, depression, diabetes, and cancer recovery efforts after a disaster, and prenatal care.

<https://www.healthymamericas.org/>

National Alliance on Mental Health (NAMI)

NAMI aims to increase mental health awareness by addressing key topics such as signs and symptoms of mental health disorders like anxiety disorders, bipolar disorders, schizophrenia and depression. NAMI offers outreach and advocacy and free education classes and presentations.

<https://www.nami.org/Support-Education/Mental-Health-Education>

National Hispanic and Latino Mental Health Technology Transfer Center Network

(NHL-MHTTC)

NHL-MHTTC, funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), is dedicated to enhancing skills and knowledge of mental health providers that serve Hispanic and Latino populations.

<https://mhttcnetwork.org/centers/national-hispanic-and-latino-mhttc/home>

NHL-MHTTC Mental Health Products:

<https://mhttcnetwork.org/centers/national-hispanic-and-latino-mhttc/mental-health-products>

SAMHSA Data, Reports, and Issue Briefs:

<https://www.samhsa.gov/behavioral-health-equity/hispanic-latino>

National Institute of Mental Health (NIMH)

NIMH is the lead federal agency for research on mental disorders with a mission to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery, and cure.

NIMH Brochures and Fact Sheets: <https://www.nimh.nih.gov/health/publications>

National Latino Behavioral Health Association

The Association provides national leadership on mental health and substance abuse concerns of the Latino community in the areas of policy issues in Mental Health and Substance Abuse, Education and

Workforce issues, Mental Health and Substance Abuse Service Delivery, Latino Focused Behavioral Health Research, and Latino Family Focused Interventions.

<http://www.nlbha.org/>

National Suicide Prevention Lifeline

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States.

<https://suicidepreventionlifeline.org/> | <https://suicidepreventionlifeline.org/help-yourself/en-espanol/>

English: 1-800-273-8255

Spanish: 1-888-628-9454

*988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline. While some areas may be currently able to connect to the Lifeline by dialing 988, **this dialing code will be available to everyone across the United States starting on July 16, 2022.**

When people call, text, or chat 988, they will be connected to trained counselors who are part of the existing National Suicide Prevention Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

Psychology Today

Psychology Today contains a general directory of therapists throughout the county. The database can be filtered by insurance type, gender, language, populations served, and more.

<https://www.psychologytoday.com>