

Compartiendo Esperanza

Mental Health Resource List

Please note: The resources included here are not endorsed by NAMI, and NAMI is not responsible for the content of or service provided by any of these resources.

Resources: Books

- [**The Latina Guide to Health: Consejos and Caring Answers**](#)
- [**Cuidate: Mental Health and Self-Care in the Latinx Community**](#)
- [**National Hispanic and Latino Addiction Technology Transfer Center Network**](#)

Resources: Videos

- [**Being Latinx: Mental Health and Self Care**](#)
- [**Money Smart Latina- The Latina's Guide to Self Care**](#)
- [**#BlackLivesMatter: 6 Ways Afro-Latinos Can Practice Self-Care**](#)
- [**NowHealth Coverage**](#)
- [**Trauma Division for Refugees**](#)
- [**Immigration Psychology Services**](#)
- [**Proactively Coping With Racism**](#)
- [**POC Online Classroom Resources on Self Care**](#)
- [**Liberate: A meditation app by and for the black diaspora**](#)
- [**Madness and Oppression: Paths to personal transformation & collective liberation**](#)

Resources: Podcasts

- [**Brown Girl Self Care Podcast**](#)
- [**The Melanated social work podcast**](#)
- [**A Different Perspective**](#)
- [**AFFIRM by Redefine Enough**](#)
- [**Naming It Podcast**](#)

Mental Health Organizations

- **[The Aakoma Project](#)**: Helps diverse teenagers and their families achieve optimal mental health through dialogue, learning, and the understanding that everyone deserves care and support.
- **[American Society of Hispanic Psychiatry](#)**: Promotes the research, education, advocacy, and support for those in the Hispanic community. Offers a “Find a Physician” feature on their website.
- **[Agua Y Sangre Healing](#)**: Led by Michelle (she/they), offers nurturing and empowering care through herbal remedies, and community wellness.
- **[Ayana Therapy](#)**: Therapy app for BIPOC & LGBTQ+ communities. Shares diverse and intersectional mental health resources.
- **[Brown Badass Bonita](#)**: A brand and movement set on empowering badass mujeres to give themselves wings through revolutionary self love.
- **[Brown Girl Therapy](#)**: Offers a list through Instagram bio link of mental health care professionals of color who are currently accepting new clients for teletherapy right now as people struggle with the pandemic.
- **[Casa De La Familia](#)**: Low-cost counseling, support services & awareness for victims of crime & trauma in Southern California.
- **[Inclusive Therapists](#)**: Aims to make the process of seeking therapy simpler and safer for all people, especially marginalized populations.
- **[La Conexión](#)**: Co-creating sober spaces that prioritizes individual and collective healing for QTPOC with us, for us, by us.
- **[La Espirista](#)**: Aims to create an environment of holistic space for those in the QTPOC community interested in recovery from any form of addiction, abuse, or dependence.
- **[Latinx Grief](#)**: Supports grief in the Latinx community and holds space for all losses. Education and information only.
- **[The Latinx Mental Health Podcast](#)**: Increases dialogue and representation about mental health in the Latinx community through podcast episodes and engagement on social media platforms.
- **[Latinx Therapists Action Network](#)**: A network of Latinx mental health practitioners who support the self determination and dignity of migrant communities.
- **[Latinx Therapy](#)**: Demystifies mental health stigmas in the Latinx community. Offers matching services for those seeking therapists.
- **[MANA](#)**: Empowers Latinas through leadership development, community service, and advocacy.

- **The Minority Psych Report:** Educates and destigmatizes minority communities on topics on mental health and homelessness.
- **National Alliance for Hispanic Health:** Incorporated in Los Angeles as the Coalition of Spanish Speaking Mental Health Organizations. Works to ensure that health incorporates the best of science, culture, and community.
- **National Latinx Psychological Association:** A national organization of mental health professionals, academics, researchers, and students whose objective is to generate and advance psychological knowledge and foster its effective application for the benefit of the Latinx population.
- **National Queer and Trans Therapists of Color Network:** The program is designed to provide financial support for QTPOC to work with psychotherapists in an effort to address the economic barriers inherent in healthcare and the mental health system.
- **OMNOIRE:** A social wellness community for Black women and women of color dedicated to living well.
- **Open Path Collective:** Offers lower-free therapy across the country for those who need it.
- **Project Heal:** Breaks down barriers to eating disorder healing for those who the system fails.
- **Sad Girls Club:** WOC driven. Creating community in mental health for GenZ & millennials since 2017.
- **Therapy for Latinx:** National mental health resource for the Latinx community; provides resources for Latinx community to heal, thrive, and become advocates for their own mental health.
- **United we Dream:** Designed “UndocuHealth Initiative” to alleviate not only the stress and anxiety of folx across the nation and keep our families secure, but also to give the reader tools that will allow them to conduct safe zone events and incorporate stress reducing activities within their community work and daily lives.
- **Corazones y Mentes:** a program that educates and empowers individuals to better manage their health, mentally *and* physically.

From: <https://www.paloalto.edu/latinx-student-resources>