

RESOURCE LIST

Below, you'll find a list of resources, including hotlines, partner organizations, and expert information from Mental Health America to help you or a loved one as you work on your mental well-being.

Crisis and Immediate Support Resources

988 Suicide & Crisis Lifeline provides 24/7, free, and confidential support for people in distress. They also offer prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States. Phone: 988 (Spanish and English help available)

TTY users: 1-800-799-4889

Website: 988lifeline.org | Crisis Chat: 988lifeline.org/chat

Crisis Text Line is a free 24/7 text-enabled support program that provides crisis-related assistance.

Text: HELLO to 741741 for English or AYUDA to 741741 for Spanish.

Website: crisistextline.org

Call Blackline is a community resource to promote social justice in crisis interventions for BIPOC communities. This resource also provides people with an avenue to report harmful, physical, and inappropriate contact with police and vigilantes.

Phone: 1-800-604-5841

Website: callblackline.com

Naseeha is a 24/7 Mental Health Helpline that answers calls from around the world from Muslims and non-Muslims.

Phone: 1-866-627-3342

Website: naseeha.org

Project LETS offers a Trans Lifeline to provide support to individuals in crisis or approaching a crisis without police involvement.

Phone: 877-565-8860

Website: projectlets.org/crisis-support

StrongHearts Native Helpline is a 24/7 confidential and anonymous domestic and sexual violence helpline for Native Americans. StrongHearts advocates offer services including crisis intervention, peer support and advocacy, personalized safety planning, and information and education on domestic abuse and sexual violence.

Phone: 1-844-762-8483

Warmlines are non-crisis lines that individuals can call to speak with someone about their issues. Most often, warmlines are operated by consumer-run organizations that exist in various states. You can find a list of warmlines at warmline.org.

MHA Resources

MHA's Affiliate Network provides public education, information and referrals, support groups, rehabilitation services, and socialization and housing services to those confronting mental health problems and their loved ones. Many also provide family advocate services to parents of children with serious emotional disturbances, mentorship or peer support for adults recovering from mental health conditions, and professional education to those working in the mental health field. They serve as local leaders in the support and development of consumer-run initiatives and primary prevention programs, including those in schools. To find the affiliate nearest you, search at mhanational.org/affiliates.

MHA's BIPOC Mental Health Resource Center is a collection of articles, videos, and blogs that provide information about mental health in BIPOC communities while elevating the voices of lived experience. Learn more at mhanational.org/bipoc.

MHA's Peer Bridger Program provides text support for people with mental health and addiction needs. The program is free for those living in the U.S. The text line operates from 10 a.m. to 12 a.m. ET, Monday through Friday (excluding holidays).

If you're interested in trying our texting line, you can text HELLO to 571-487-7456. If you'd like, you can also share your "name" (real or made up) and what's on your mind. There's no right or wrong way to start.

MHA Screening is one of the quickest and easiest ways to determine if you're experiencing symptoms of a mental health condition. Our screens are free, confidential, and scientifically validated. Get started at mhascreening.org.



mhanational.org

Contact us
info@mhanational.org

Instagram, Facebook, Threads
[@mentalhealthamerica](https://www.instagram.com/mentalhealthamerica)

X/Twitter
[@mentalhealtham](https://twitter.com/mentalhealtham)

Additional Organizations and Partners

AAKOMA Project educates youth of color and their caregivers on the recognition and importance of mental health. They also empower youth and their families to seek help and manage mental health, and advocate to address the needs of youth of color and their families.

Asian Counseling and Referral Services (ACRS) promotes social justice and the well-being and empowerment of Asian Americans and Pacific Islanders and other underserved communities, including immigrants, refugees, and American-born. They do this by developing, providing, and advocating for innovative, effective, and efficient community-based multilingual and multicultural services.

Asian Mental Health Collective aspires to make mental health services easily available, approachable, and accessible to Asian communities worldwide.

Black Emotional and Mental Health Collective (BEAM) is a national training, movement-building, and grantmaking institution that is dedicated to the healing, wellness, and liberation of Black and marginalized communities.

Black Girls Can Heal is an online community and coaching program dedicated to helping women break the cycles of unavailable partnerships, unhealthy relationships, and feeling not enough. They provide evidence-based and real, actionable tools.

Black Men Heal provides access to mental health treatment, psychoeducation, and community resources to men of color.

Black Mental Wellness provides access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective, to highlight and increase the diversity of mental health professionals, and to decrease the mental health stigma in the Black community.

Black Women's Mental Health Institute is a national nonprofit organization dedicated to building awareness of and support for the mental and holistic well-being of Black women and girls. The Black Women's Mental Health Institute provides free mental health counseling, mental health advocacy, and mental health workforce initiatives in Alabama and across the U.S.

Calathea Wellness helps first-generation Latine professionals embrace their bicultural identity to elevate their confidence, deepen their connections, and amplify their individual and professional fulfillment.

Caregiver Action Network is the nation's leading family caregiver organization, working to improve the quality of life for tens of millions of family caregivers. Their [Blueprint for BIPOC Caregivers of Children with Mental Health Issues](#) provides information for parents of BIPOC youth experiencing a mental health condition.

Estoy Aquí offers innovative training programs to providers in the helping professions who want to learn about the sociocultural aspects of mental health in Latine and Black communities.

Health Equity Collaborative seeks to eliminate health disparities through the utilization of a holistic and intersectional approach to health care.

Inclusive Therapists work to make the process of finding a therapist simpler and safer, centering the needs of BIPOC and LGBTQIA2S+ intersections (QTBIPOC). Their mission prioritizes the voices and expressions of neurodivergent and disabled communities of color.

Informed Immigrant is a digital hub and offline network offering the most up-to-date and accessible information and guidance for the undocumented immigrant community.

Institute for Muslim Mental Health promotes Muslim Americans' mental health through research, resource development, training, and advocacy.

Khalil Center is a psychological and spiritual community wellness center advancing the professional practice of psychology rooted in Islamic principles.

Latinx Therapy is a national directory for Latinx therapists in private practice. Latinx Therapy works to destigmatize mental health in the Latinx community by providing a bilingual podcast, a national directory, and culturally grounded workshops and services.

Latinx Parenting is a bilingual organization rooted in children's rights, social and racial justice, and antiracism, the individual and collective practice of nonviolence and reparenting, intergenerational and ancestral healing, cultural sustenance, and the active decolonization of oppressive practices in our families.

Mixed in America is a community organization looking to have a more nuanced conversation about race in America, specifically through the multiracial lens. Their goal is to empower the mixed community by facilitating supportive spaces for mixed individuals to explore and unpack their identities. Mixed in America offers services for adults, children, affinity groups, schools, and businesses. Their approach is trauma-informed, holistic, inclusive, and autonomous.

Muslim Wellness Foundation utilizes a holistic and spiritually grounded psychological approach to cultivate honest conversations and experiences wherein radical healing, belonging, and growth can flourish.

Mustard Seed Generation exists to eradicate barriers to mental health that increase life dissatisfaction, family dysfunction, and suicide in the Korean American community. They provide culture-specific training to increase the mental health literacy of Korean American churches, families, and youth.

Nalgona Positivity Pride (NPP) is an unconventional eating disorder awareness organization that shines a light on the often-overlooked societal factors that perpetuate unrealistic and oppressive beauty and health standards. NPP offers a vital space for BIPOC individuals to celebrate and embrace their bodies and identities.

National Network for Immigrant and Refugee Rights (NNIRR) works to defend and expand the rights of all immigrants and refugees, regardless of immigration status.

Native Hope exists to address the injustice done to Native Americans. They share Native stories, provide educational resources, and assist Native communities.

One Sky Center is a National Resource Center for American Indian and Alaska Native health, education, and research. It is dedicated to quality health care across Indian Country.

Recovery Dharma Online (RDO) is an independent Recovery Dharma community that works together to host safe, inclusive, and reliable Buddhist-inspired recovery meetings.

Rooted in Radiance empowers historically underinvested communities in Washington, D.C. to prioritize their well-being through innovative, culturally tailored wellness programming. They offer on-site and virtual solutions focused on stress reduction, mental health, and holistic wellness, integrating meditation, breathwork, yoga, and mindfulness to support individuals and teams in achieving peak performance and lasting health.

Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls.

Therapy for Black Men wants to break the stigma that asking for help is a sign of weakness. With a rapidly growing directory of 608 therapists and 50 coaches throughout the 50 states thus far, Therapy for Black Men provides judgment-free, multiculturally competent care to Black men.

Therapy for Latinx was created to make finding a mental health provider as easy as possible. Search their listings to find therapists who honor who you are and provide services with dignity.

WeRNative is a comprehensive health resource for Native youth, by Native youth, providing content and stories about the topics that matter most to them. They strive to promote holistic health and positive growth in local communities and the nation at large.

Yellow Chair Collective (YCC) is a team of mental health providers trained in culturally responsive, trauma-informed, and LGBTQIA-affirming counseling and psychotherapy services. While YCC specializes in culturally relevant therapy for Asian American and multicultural clients, all are welcome.

