

MENTAL HEALTH RESOURCES FOR HISPANIC COMMUNITIES

ORGANIZATIONS FOR CONNECTIONS TO THERAPY AND SUPPORT

Therapy for Latinx

An online directory of therapists who either identify as Latinx or have worked closely with Latinx communities.

www.therapyforlatinx.com/

National Alliance for Hispanic Health

Provides resources, advocacy, and support for Hispanic health issues, including mental health.

www.healthyamericas.org/

Mental Health America

Offers resources and support tailored towards Hispanic/Latino communities dealing with mental health issues.

www.mhanational.org/

Ser Familia

The mission is to offer preventive family services and equip Latinos with the tools, resources, and skills they need to move from crisis to thriving.

www.serfamilia.org/

Latin American Association

Offers a variety of services to support the Latino community, including mental health resources, counseling, and social services.

www.thelaa.org

Cobb & Douglas Public Health

Cobb & Douglas Public Health has been dedicated to promoting and protecting the health and safety of the local community, state, region and world through our wide-reaching services.

<https://cobbanddouglaspublichealth.com/>

The LULAC Latinos Living Healthy (LLH)

Promotes health and wellness within the Latino community. addressing health disparities, providing education on healthy living, and advocating for access to healthcare services.

www.lulac.org/

Latinx Therapy

Offers a directory of Latinx therapists searchable by specific cultural identity (such as Columbian, Mexican or AfroLatinx). as well as links to wellness resources, podcasts and mental health apps in English and Spanish.

www.latinxtherapy.com/

Cultural humility is necessary to provide quality care. If your preferred language is not English, let the office staff know when you schedule your appointment.

When meeting with a provider, it can be helpful to ask questions to get a sense of their level of cultural awareness.

Here are some sample questions:

- Have you treated other Hispanic/Latino people?
- Have you received training in cultural competence or on Hispanic/Latino mental health?
- How do you see our cultural backgrounds influencing our communication and my treatment?

— ADDITIONAL RESOURCES —

These additional resources offer support for individuals in enhancing their mental health and overall well-being.

Yana App

Available in Spanish, this app is an artificial intelligence (AI) you can talk to confidently and without fear of judgment, anytime and anywhere. With Yana, you can receive advice to address any challenges you face, and psychological tools based on cognitive-behavioral therapy and other scientifically validated methodologies.

<https://www.yana.ai/es/home>

Happify App

An app offering science-based activities and games designed to reduce stress, overcome negative thoughts, and build resilience, with resources tailored for Spanish-speaking users.

www.thesafeplaceapp.com

iChill App

This free app, available in Spanish, teaches six wellness skills from the Trauma Resiliency Model (TRM)® and Community Resiliency Model (CRM)® to help you manage sensations associated with trauma and stress, enhancing your well-being.

<https://ichillapp.com/#/minified:me>

BOOKS WE RECOMMEND —

Culturally Responsive Counseling With Latinas/os

Patricia Arredondo

The Color Of My Mind: Mental Health Narratives from People of Color

Dior Vargas

My Broken Language: A Memoir

Quiara Alegría Hudes

The Latina Trailblazer: Inspiring Stories From Latinas Who Overcame Adversity and Forged a New Path

Janet Escobar

Iveliz Explains It All

Andrea Beatriz Arango

Mujer de Color(es)

Alejandra Jimenez

I'm Not Broken

Jesse Leon

SOCIAL MEDIA PLATFORMS —

Social media can be a place to go to get inspired, stay in-the-know about social issues and support artists and small businesses.

Follow these social media accounts:

Latinx Therapy

@latinxtherapy

Therapy for Latinx

@therapyforlatinx

Latinx in Social Work

@latinxinsocialwork

LOW-COST MENTAL HEALTH CARE OPTIONS —

Cumberland Counseling Centers

<https://cumberlandcenters.org/>

Highland Rivers Behavioral Health

<https://highlandrivers.org/>

Good Samaritan Health Center

<https://goodsamcobb.org/>