“I want to help someone and give back their mental freedom - it's the most liberating thing I can do. Because... when you enslave the mind, you enslave the body.”

- Jessica, PhD Candidate -

Jessica Kirksey
Doctoral Candidate
Clinical Psychology

Find Resilience and Mental Wellness Resources
www.bachac.org/resilience-mental-health-wellness-initiative

This project was funded by a grant from Together Toward Health
Find a therapist through the following networks:

San Mateo County Behavioral Health Recovery Services to find a therapist who accept medi-CAL insurance or for those who are uninsured. 

Call (800) 686-0101 TTY: for deaf or hearing impaired

NAMI FaithNet to find a faith based support group

Email namifaithnet@nami.org Call HelpLine (800) 950-NAMI (6264)

CareSolace - a live 24/7 concierge to find local mental health programs and counseling services. Funded by local school school districts. (888) 515-0595

Therapists of Color Network

Visit www.therapistsofcolor.org/directory.html

The National Queer & Trans Therapists of Color Network


Latinx Therapists and Speakers

Visit www.latinxtherapy.com

Therapy for Latinx

Visit www.therapyforlatinx.com

Psychology Today

Visit www.psychologytoday.com

Find Resilience and Mental Wellness Resources

Visit www.bachac.org/resilience-mental-health-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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NAMI Helpline Monday - Friday, 7AM – 7PM PST Call (800) 950-NAMI (6264) Email helpline@nami.org