Faces of Resilience

Therapists are healers & help people heal themselves.

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

Photographer: Darius Riley, www.hourvoy ses.com
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.

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

**NAMI FaithNet** to find a faith based support group

✉ namifaithnet@nami.org  📞 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**

www.therapistsofcolor.org/directory.html

**The National Queer & Trans Therapists of Color Network**


**Latinx Therapists and Speakers**

www.latinxtherapy.com

**Therapy for Latinx**

www.therapyforlatinx.com

**Psychology Today**

www.psychologytoday.com

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**Resilience & Mental Wellness Initiative**

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**GET HELP NOW**

24/7 Crisis Hotline

📞 (800) 273-TALK (8255) | (650) 579-0350

Online Support:  www.sanmateocrisis.org

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**NAMI**

NAMI Helpline Monday - Friday, 7AM – 7PM PST 📞 (800) 950-NAMI (6264) ✉ helpline@nami.org


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