“My role has been to "untherapy-tize" therapy for men of color and other people. I utilize music and other ways to meet people where they are. I am in a place to shine light on what is working and share that they are getting through their challenges.”

- Larry, LMFT -

Find Resilience and Mental Wellness Resources

www.bachac.org/resilience-mental-health-wellness-initiative

Photographer: Darius Riley, www.hourvoyses.com

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. (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


Latinx Therapists and Speakers www.latinxtherapy.com

Therapy for Latinx www.therapyforlatinx.com

Psychology Today www.psychologytoday.com

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 (800) 950-NAMI (6264) helpline@nami.org