Faces of Resilience

“We are dying from the stress of microaggressions. What can we do? Find your people, research your personal history, or talk to a therapist or someone you trust in your life about your experiences. Talking increases the longevity of our lives.”

- Lesley, LMFT -

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

Photographer: Darius Riley, www.hourvoyses.com

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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

GET HELP NOW
☎ 24/7 Crisis Hotline
(800) 273-TALK (8255) | (650) 579-0350
Online Support: www.sanmateocrisis.org

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