"When things were hard, I could talk to my school counselor. I like that my counselor was a safe person. I always knew I wanted to give people a safe space and be a safe person to talk to in a school setting."

- Yadira, LCSW -

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

Yadira Herrera, LCSW
School Based Therapist

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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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Choosing Mental Health Care that Fits Your Cultural Background | NAMI
NAMI Helpline Monday - Friday, 7AM - 7PM PST  (800) 950-NAMI (6264) helpline@nami.org