"Being the "only one" who looked like me in school, at my workplace, and in my community has definitely created questions and sometimes doubts for me. When people feel like they're the "only one," I can speak to that feeling. I learned along the way, with the help of my mentor and other people in my life, that therapy was my calling. 
I do belong."
- Mateus, LMFT -

Mateus Porter, LMFT
Private Therapist & Clinical Supervisor
www.mateusporter.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