"Many people feel overlooked and invalidated - it's important to breakdown the walls and provide psychoeducation about what they are experiencing. It's their own experience and they deserve to be heard."

- Mary, 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

**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

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