MENTAL HEALTH RESOURCES

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Consulta Recursos de Salud Mental para hispanohablantes

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HOTLINES AND CRISIS INTERVENTION

NATIONAL SUICIDE PREVENTION LIFELINE
https://suicidepreventionlifeline.org/
The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals through a national network of local crisis centers.
• Call 1-800-273-TALK (8255) for English
• Call 1-888-628-9454 for Spanish
• Chat at https://suicidepreventionlifeline.org/chat/

CRISIS TEXT LINE
https://www.crisistextline.org/
• Text “HOME” to 741741 to connect with a Crisis Counselor
• If you are a young person of color, text “STEVE” to 741741
• Send a message through WhatsApp 443-787-7678
• Send a message through Facebook Messenger https://www.facebook.com/crisistextline

NATIONAL ALLIANCE ON MENTAL HEALTH (NAMI) HELPLINE
https://www.nami.org/help
The NAMI HelpLine is a free, nationwide peer-support service providing information, resource referrals, and support to people living with mental health conditions, their family members and caregivers, mental health providers, and the public.
• Call 1-800-950-NAMI (6264) (M-F 10AM-6PM ET)
• Email info@nami.org
• Text NAMI to 741-741

SAMHSA’S NATIONAL HELPINE
https://www.samhsa.gov/find-help/national-helpline
Offers treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.
  • Call 1-800-662-HELP (4357)

MY3 APP
https://my3app.org/
MY3 helps you define your network and your plan to stay safe so you can be prepared to help yourself and reach out to others when you are having thoughts of suicide. If you think you may have a medical emergency or are contemplating acting upon thoughts of suicide, call 911 or the National Suicide Prevention Lifeline (1-800-273-8255) immediately.

BE THE 1 TO
https://www.bethe1to.com/bethe1to-steps-evidence/
#BeThe1To is the National Suicide Prevention Lifeline’s message about actions we can all take to prevent suicide, promote healing, and give hope. Learn about each step and why the steps are effective.

SEIZE THE AWKWARD
https://seizetheawkward.org/
Having a conversation about mental health might be uncomfortable, but it can make all the difference. Check out these tools – from conversation guides to tips – that can help you help those in need.
  • Text “SEIZE” to 741-741
  • Call 1-800-273-8255

THE TREVOR PROJECT
https://www.thetrevorproject.org/
The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to LGBTQ young people under 25.
  • Call 1-866-488-7386 TrevorLifeline 24/7
  • Text “START” to 678-678 or “TREVOR” to 1-202-304-1200
  • Chat at thetrevorproject.org

THE LGBT NATIONAL HOTLINE
https://www.glbthotline.org/
Provides telephone, online private one-to-one chat and email peer-support, as well as factual information and local resources.
  • Call 1-888-843-4564 (M-F 4PM-12AM ET / SAT 12PM-5PM ET)
  • Email help@LGBTHotline.org

TRANS LIFELINE
https://translifeline.org/
Support for transgender people, by transgender people
- Call 1-877-565-8860

SAGE LGBT ELDER HOTLINE
Peer support and local resources for older adults, translation available
- Call 877-360-LGBT (5428)

DISASTER DISTRESS HELPLINE
https://www.samhsa.gov/find-help/disaster-distress-helpline
The Disaster Distress Helpline is open to everyone, including survivors of disasters; loved ones of victims; first responders; rescue, recovery, and relief workers; clergy; and parents and caregivers. You may call for yourself or on behalf of someone else.
- Call 1-800-985-5990 (press 2 for Spanish)
- Text TalkWithUs for English to 66746
- Text Hablanos for Spanish
- Text Hablanos to 1-787-339-2663 if you are a Spanish speaker from Puerto Rico

NATIONAL DOMESTIC VIOLENCE HOTLINE
Advocates are available 24/7 speaking more than 200 languages. All calls are free and confidential.
https://www.thehotline.org/
Click the X button or the Esc key twice to leave the website quickly.
- Call 1-800-799-SAFE (7233), TTY 1–800–787–3224
- Text “LOVEIS” to 22522 to text with a trained volunteer
- Chat at thehotline.org

CHILDHELP NATIONAL CHILD ABUSE HOTLINE
https://www.childhelp.org/hotline/
The hotline offers crisis intervention, information, and referrals to thousands of emergency, social service, and support resources. All calls are confidential and staffed 24/7 with professional crisis counselors who can use interpreters for 170 languages.
- Call or text 1-800-4AChild (1-800-422-4453)

NATIONAL SEXUAL ASSAULT HOTLINE
https://rainn.org/
- Call 1-800-656-HOPE (4673)
- Chat at https://hotline.rainn.org/online

NATIONAL EATING DISORDERS ASSOCIATION
https://www.nationaleatingdisorders.org/
- 1-800-931-2237
- Chat at https://www.nationaleatingdisorders.org/

ELDERCARE LOCATOR
https://eldercare.acl.gov
A public service of the U.S. Administration on Aging connecting you to services for older adults and their families.

- Call **1-800-677-1116**

**VETERAN’S CRISIS LINE**
https://www.veteranscrisisline.net/
Confidential 24/7 support for all veterans, service members, National Guard and Reserve, family and friends.

- Call **1-800-273-8255**, Deaf and hard of hearing call **1-800-799-4889**
- Text to 838255
- Chat at https://www.veteranscrisisline.net/get-help/chat

**NATIONAL HISPANIC FAMILY HEALTH HELPLINE**
https://www.healthyamericas.org/
This helpline provides free and confidential health information, including mental health, in Spanish and English.

- Call **1-866-783-2645** (M-F 10AM-6PM ET)

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**BLEEDING DISORDER ORGANIZATION RESOURCES**

**HFA MENTAL HEALTH HUB**

**HFA LEARNING CENTRAL MENTAL HEALTH & WELLBEING COURSE**
https://www.hfalearning.org/ Register, log in and visit the “Health and Wellness Center”

Learn mental health basics, find out where to get help, and hear from bleeding disorder community members about their experiences and coping strategies for a variety of mental wellness issues including anxiety, pain, addiction, grief, depression, suicide, relationships, and more.

**MENTAL HEALTH YOUTUBE CHANNEL**
https://www.youtube.com/playlist?list=PLxsqr33d_i5-x8kN49OHHQMKriKxaOBB9
HFA’s team of licensed Social Workers has assembled a toolbox of great information and resources to share with community members.

HFA Mental Health Check-In: Practicing Self-Care
https://www.youtube.com/watch?v=BDmKNZ-qxHs&feature=youtu.be
Self-care is a great way for us to pay attention to our needs and engage in activities that feel comforting—but it doesn’t have to be just bubble baths and binge watching tv shows! This video breaks down the different types of self-care which include physical, emotional, spiritual, relationships, and professional/workplace types of self-care.
Not sure where to start? This video provides helpful tips and resources for accessing mental health services.

Anxiety can feel overwhelming and can send us into a spiral of ‘future thinking.’ This video walks you through the 5-4-3-2-1 grounding technique to bring you back to the present moment and can help you feel more connected to your body. This simple exercise involves focusing on all five of your senses and can be done anywhere.

During times of stress and anxiety, it can be helpful to remind ourselves of the things in our lives that we’re grateful for and that we appreciate. This video walks you through how to incorporate gratitude into your daily routine with space to make it unique to you.

Focusing on our mental health is important for our body, mind, and spirit. However, it may seem daunting to know where to begin. In this video, we introduce five ways you can better support your mental health.

This Dateline Q1 2021 edition includes articles about mental health (pages 20 - 29). Learn how HFA is focusing on mental health and wellness, about HFA’s Mental Health course on Learning Central, and hear community members’ experiences regarding mental health.

Being diagnosed with a chronic condition or learning that your child has a chronic condition may make a person feel stressed, sad, and sometimes depressed. It’s important to know that these feelings are normal, and when to seek help if you feel overwhelmed with emotions.

Includes information about warning signs that may indicate someone is in crisis, common warning signs of suicide, and what to do or say if someone is in crisis/at risk of suicide.
HEMOPHILIA FOUNDATION OF MICHIGAN – MENTAL HEALTH
https://hfmich.org/mental-health/
This website includes links to resources, videos, helplines, handouts and articles that will be helpful for individuals with hemophilia. Mental health care matters. It’s important to invest in our mental wellness as we would in our physical wellness. Having resources and tools to support your mental health can help you maintain your overall health.

HEMAWARE MAGAZINE
PUTTING THE SPOTLIGHT ON MENTAL HEALTH
https://hemaware.org/mind-body/putting-spotlight-mental-health-and-bleeding-disorders
If you or someone you love is struggling with mental health issues, you’re not alone. Help is available both in the bleeding disorders community and beyond. Discusses benefits of HTCs, stress and the bleeding disorder community, getting help, and access.

COVID-19 SPECIFIC MENTAL HEALTH RESOURCES

CDC: COPING WITH STRESS
You may experience increased stress during this pandemic. Coping with stress in a healthy way will make you, the people you care about, and your community stronger.

WORLD HEALTH ORGANIZATION
https://www.who.int/
Mental Health and Psychosocial Considerations During the COVID-19 Outbreak
https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf
This document presents considerations that have been developed by the WHO Department of Mental Health and Substance Use as a series of messages that can be used in communications to support mental and psychosocial well-being in different target groups during the outbreak.

Coping with Stress during the 2019-nCoV Outbreak
Handout created by the WHO outlining coping skills that can help in response to feeling sad, stressed, confused, scared, or angry during a crisis.

CREAKY JOINTS: PREVENTING CORONAVIRUS LONELINESS FROM SOCIAL ISOLATION: ADVICE FOR CHRONIC ILLNESS PATIENTS
As immunocompromised and high-risk patients are being advised to stay home as much as possible, here is advice from therapists on how to navigate feelings of isolation and distress that may arise from extended time at home.

GLOBAL HEALTHY LIVING FOUNDATION: FREE COVID-19 SUPPORT PROGRAM FOR CHRONIC DISEASE PATIENTS AND THEIR FAMILIES
https://www.ghlf.org/coronavirus-patient-support/
The coronavirus pandemic is especially stressful for people with chronic diseases. The Global Healthy Living Foundation (GHLF) has developed a FREE program for patients and their families to access updated information, community support, and other resources tailored specifically to your health and safety.

HFA LET’S TALK MENTAL HEALTH IN TIMES OF CRISSES
https://www.youtube.com/watch?v=saYEnJowR8M&feature=youtu.be
How does it feel to be a person with a bleeding disorder during a global pandemic? Dr. Gary McClain, LMHC, CEAP, shares how best to mentally prepare and properly cope with the unique feelings the bleeding disorders community may face during a crisis.

- A handout to go along with the webinar can be found here:
  https://www.hemophiliafed.org/uploads/mental_health_webinar_handout_FINAL.pdf

MENTAL HEALTH AMERICA – BACK TO SCHOOL
https://mhanational.org/back-school
The 2021 Back to School Toolkit aims to help students, parents, and school personnel recognize how feeling unsafe can impact mental health and school performance, and what can be done to help young people who are struggling with their mental health.

MENTAL HEALTH FIRST AID
https://www.mentalhealthfirstaid.org/news-and-updates/
Mental Health First Aid is a resource for those experiencing mental health symptoms, and those providing support. Their blog provides articles on many different mental health topics, including the below articles related to COVID-19.

- Self-care: Take Care of Your Mental Health During COVID-19
  This article provides tips to help you practice self-care and take care of your mental health during the pandemic.

- How to Support a Loved One Who Has Been Impacted by COVID-19
  https://www.mentalhealthfirstaid.org/external/2021/01/how-to-support-a-loved-one-who-has-been-impacted-by-covid-19/
  This article discusses some do’s and don’ts when offering support to friends and/or loved ones.
NATIONAL MENTAL HEALTH RESOURCES

NATIONAL ALLIANCE ON MENTAL HEALTH
www.nami.org
NAMI is the National Alliance on Mental Illness, the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

NAMI Resource Guide for those experiencing a mental health emergency
https://tinyurl.com/yyoqee7g
Guide includes information on understanding mental illness, understanding mental health crises, what to do in a mental health crisis, what to expect from mental health treatment, advocating for treatment, other types of crises, preparing for a crisis, and other NAMI resources

All NAMI Infographics and Fact Sheets – Available in English and Spanish
https://www.nami.org/About-Mental-Illness/Mental-Health-by-the-Numbers/Infographics-Fact-Sheets
Access all Mental Health handouts created by NAMI—Spanish versions available.

Mental Health Crisis
https://www.nami.org/Infographics/Warning-Signs-of-Crisis-ENG.pdf
2019 handout with basic steps and tips for responding to an individual experiencing a mental health crisis

Warning Signs of Suicide
https://www.nami.org/Infographics/Warning-Signs-of-Suicide-ENG.pdf
2019 handout on what to look for and initial steps to take if you suspect someone you know is thinking about suicide

Preparing for a Crisis
https://www.nami.org/Infographics/Preparing-for-Crisis-ENG.pdf
How to create a crisis plan and some common elements to include.

Mental Health
https://www.mentalhealth.gov/basics/what-is-mental-health
Mental health includes our emotional, psychological, and social well-being. This website explores basics about mental health, warning signs, what to look for, and how to get help.

CENTERS FOR MEDICARE AND MEDICAID SERVICES
The A Roadmap to Behavioral Health can help you understand how to use your health coverage to improve your physical and mental health.
NATIONAL INSTITUTE FOR MENTAL HEALTH
Five action steps for helping someone in emotional pain

MENTAL HEALTH FIRST AID
https://www.mentalhealthfirstaid.org/news-and-updates/
Mental Health First Aid is a resource for those experiencing mental health symptoms, and those providing support. Their blog provides articles on many different mental health topics.

What to Look For: Signs and Symptoms of Depression
Article written by Rubina Kapil on October 9, 2019 meant to help identify symptoms of depression in yourself or others.

Where to Seek Professional Mental Health Support
https://www.mentalhealthfirstaid.org/2020/08/where-to-seek-professional-mental-health-support/
Article written by Rubina Kapil on August 18, 2020. Professional help should be considered when mental health symptoms last for weeks and affect a person’s functioning in daily life. Also provides links to other articles for more information.

MENTAL HEALTH AMERICA
https://mhanational.org/live-b4stage4
Resources and articles about living mentally healthy, recovery and support, and tools for mental wellness.

2021 Mental Health Month Toolkit
https://mhanational.org/mental-health-month?eType=EmailBlastContent&eld=a2fa61c1-893f-4462-be47-b8c8dd5b31e4
Although this toolkit was created for Mental Health Month, its content can be utilized well beyond May. The toolkit includes handouts about adapting after trauma and stress, dealing with anger and frustration, getting out of thinking traps, processing big changes, taking time for yourself and radical acceptance.

TO WRITE LOVE ON HER ARMS (TWLOHA)
https://twloha.com/home/
To Write Love on Her Arms is a non-profit movement dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury, and suicide. TWLOHA exists to encourage, inform, inspire, and also to invest directly into treatment and recovery.
MENTAL HEALTH FOR BIPOC

NAMI: IDENTITY AND CULTURAL DIMENSIONS
This web page offers information about the intersection of culture and identity and mental health and mental health care. You can find mental health resources geared towards specific cultural groups.

MENTAL HEALTH AMERICA
https://mhanational.org/live-b4stage4
Resources and articles about living mentally healthy, recovery and support, and tools for mental wellness.

BIPOC Mental Health
https://mhanational.org/bipoc-mental-health
BIPOC Mental Health statistics, general information, and resources.

BIPOC Mental Health Toolkit
https://mhanational.org/BIPOC-mental-health-month
Mental Health’s America 2021 toolkit examines community-developed systems of support created to fill in gaps within traditional systems that may overlook cultural and historical factors which impede BIPOC and QTBIPOC mental health. It explores three topic areas: community care, self-directed care, and cultural care and why these types of care are valid and valuable choices people can make for their mental health.

BLACK MENTAL HEALTH ALLIANCE
https://blackmentalhealth.com/
This organization offers referrals to Black community members seeking mental health services. To connect with a mental health professional, fill out this form and someone will follow up with you within 24 hours. The organization also provides workshops and forums covering a range of topics and subjects.

BEAM (BLACK EMOTIONAL AND MENTAL HEALTH COLLECTIVE)
https://www.beam.community
BEAM helps Black people access emotional health care through education, training, advocacy, and creative arts.

THERAPY FOR BLACK GIRLS
https://therapyforblackgirls.com/
Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls. On the website, you can search for therapists in your area.

THE LOVELAND FOUNDATION
https://thelovelandfoundation.org/loveland-therapy-fund/
The Loveland Foundation helps Black women and girls access therapy. In order to apply for financial assistance for therapy, fill out their Therapy Fund signup form.
OURSSELVES BLACK
https://ourselvesblack.com/
Ourselves Black is a biannual, mental health resource magazine for the Black Community. On their website, you can find mental health resources and information.

MELANIN AND MENTAL HEALTH
https://www.melaninandmentalhealth.com/
This organization connects Black and Latinx/Hispanic individuals with culturally competent mental health professionals. They regularly host events and provide free resources as well.

LATINX THERAPY
https://latinxtherapy.com/
Latinx Therapy offers a bilingual podcast and a national directory to locate a Latinx therapist, 98% who are Spanish speakers. They also provide workshops and resources for the Latinx community.

MHA: LATINX/HISPANIC COMMUNITIES AND MENTAL HEALTH
https://www.mhanational.org/issues/latinxhispanic-communities-and-mental-health
On this web page, you can find general mental health Spanish language materials, including resources and screening tools.

NATIONAL QUEER AND TRANS THERAPISTS OF COLOR NETWORK (NQTTCN)
https://www.nqttcn.com/directory
NQTTCN is committed to transforming mental health for queer and trans people of color. On their website, you can find a directory that helps queer and trans people of color (QTPoC) connect with QTPoC mental health professionals.

ASIAN MENTAL HEALTH PROJECT
https://asianmentalhealthproject.com/
The Asian Mental Health Project educates and empowers Asian communities in seeking mental healthcare. Their website offers free resources, and they are hoping to provide live events and community engagement opportunities in the future.

ASIAN MENTAL HEALTH COLLECTIVE
https://www.asianmhc.org/
This organization provides mental health resources for API communities, including a state-by-state directory of API therapists.

WERNATIVE
https://www.wernative.org/
WERNATIVE is a comprehensive health resource for Native youth, by Native youth. On the section titled “my mind” you can find mental health resources.

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MENTAL HEALTH FOR CAREGIVERS

NATIONAL ALLIANCE ON MENTAL ILLNESS – TAKING CARE OF YOURSELF
To be able to care for the people you love, you must first take care of yourself. This article includes information on understanding how stress affects you, how to protect your physical health, how to recharge yourself, and practicing good mental habits.

AARP LOCAL CAREGIVER RESOURCE GUIDES
https://tinyurl.com/y6lr9abs
AARP developed these resource guides with you—the caregiver—in mind as a starting point to help you find the services and support you need throughout your caregiving journey. Resource guides are available through links for each state.

FAMILY CAREGIVER ALLIANCE
Caregiver Depression: A Silent Health Crisis
https://www.caregiver.org/caregiver-depression-silent-health-crisis
An article outlining symptoms and recommendations for caregivers experiencing depression.

Depression and Caregiving
https://www.caregiver.org/depression-and-caregiving
Discusses general overview of depression symptoms, and also looks at the unique impact on different types of caregivers

OFFICE ON WOMEN’S HEALTH – CAREGIVER STRESS
https://www.womenshealth.gov/a-z-topics/caregiver-stress
Caregiving can be rewarding, but it can also be challenging. Stress from caregiving is common. Women especially are at risk for the harmful health effects of caregiver stress. These health problems may include depression or anxiety. There are ways to manage caregiver stress, and this website is a great starting point.

CAREGIVER STRESSMETER
To help you determine what level of stress you may be experiencing in your role as a caregiver, a group of leading eldercare and caregiver stress experts have developed this brief survey. Once completed, an assessment of your responses will give you the resources to help you make your personal caregiving experience more rewarding and maintain your own health and spirits.

ANXIETY AND DEPRESSION ASSOCIATION OF AMERICA (ADAA) ONLINE SUPPORT GROUP
https://adaa.org/adaa-online-support-group
ADAA’s anonymous peer-to-peer online anxiety and depression support group is a friendly, safe and supportive place for individuals and their families to share information and experiences.

NORD’s RARE CAREGIVER RESPITE PROGRAM
https://rarediseases.org/nord-launches-new-program-aimed-providing-caregivers-relief/
This program provides up to $500 annually to eligible caregivers to secure a respite caregiver to care for a loved one. The program may cover the following: Registered Nurse care, Licensed Practical Nurse care, Certified Nursing Assistance or Home Health Aide. For more information, call 203-616-4328 or email caregiverrespite@rarediseases.org

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GRIEF AND LOSS

GRIEF ANONYMOUS: GRIEF SUPPORT GROUP
https://www.griefanonymous.com/  1-800-765-0107
Grief Anonymous is a grassroots organization rising out of a need to create connections and to organize enduring, ongoing group support programs at no charge to those who have been affected by grief.

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SELF-CARE

PSYCHCENTRAL – WHAT SELF-CARE IS—AND WHAT IT ISN’T
Article outlining where to start in defining self-care for yourself, and some ideas of what a self-care routine could include.

HEARTMATH INSTITUTE – THE QUICK COHERENCE TECHNIQUE FOR ADULTS
https://www.heartmath.org/resources/heartmath-tools/quick-coherence-technique-for-adults/
Easily create a state of coherence in about 60 seconds by releasing stress and stopping draining emotions such as frustration, irritation, anxiety, and anger.

GREATER GOOD IN ACTION – GRATITUDE JOURNAL
https://ggia.berkeley.edu/practice/gratitude_journal
Nine tips to keeping a gratitude journal. Studies suggest that writing in a gratitude journal three times per week might have a greater impact on our happiness than journaling every day.

CAREGIVER.ORG: TAKING CARE OF YOU, SELF-CARE FOR FAMILY CAREGIVERS
Steps to identifying personal barriers to self-care and tools for implementing self-care and managing stress

MENTAL HEALTH FIRST AID
https://www.mentalhealthfirstaid.org/news-and-updates/
Mental Health First Aid is a resource for those experiencing mental health symptoms, and those providing support. Their blog provides articles on many different mental health topics, including the below articles about self-care.
A Practical Guide to Self-care When Working from Home

Working from home is the new “normal” for a lot of people due to the pandemic. This article provides tips to help you work from home better and keep your mental health and self-care in mind.

Five Tips to Help you Practice Self-Love
https://www.mentalhealthfirstaid.org/2020/06/five-tips-to-help-you-practice-self-love/

Article written by Rubina Kapil on June 23, 2020. Taking small steps each day or week to take care of and love yourself can help you better manage daily challenges and put more passion into what you do.

How to Create Your Own Self-Care Plan


How to Practice Self-Care as a Busy Parent

Creating a self-care plan is important for everyone. This article provides some tips and recommendations for parents on their self-care journey.

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