



RESOURCES for the INDIGENOUS COMMUNITY

At Hey Sam, we know that mental health doesn't look the same for everyone, especially if you're dealing with challenges related to race, identity, or discrimination. We strive to always be there for anyone who's struggling, but if you need additional support, here are some mental health resources created for and by the Indigenous community:

Organizations

Aakoma Project: Empowers youth of color to seek help for and manage their mental health through awareness building, education, and resources

Native Lifelines: Aims to promote health and resiliency in the urban Indigenous community

We R Native: Offers a health resource site for and by Indigenous youth with informational blog posts, videos, and more

Therapy Directories

Innopsych: Directory of therapists of color

LGBTQ+ Resources

GLASS (GLBTQ+ Adolescent Social Services): Provides medical care, mental health counseling, and case management to LGBTQ+ youth in the Greater Boston and Greater Framingham areas

National Queer & Trans Therapists of Color Network

The Trevor Project: Provides 24/7 crisis support services to LGBTQ young people. Text, chat, or call anytime.

Trans Women of Color Collective: Offers access to multiple funds, including a wellness fund

Articles + Apps

Historical Trauma: The Confluence of Mental Health and History in Native American Communities

Liberate Meditation: Meditation app for BIPOC (Black, Indigenous, and People of Color) folks

One Sky Center's Guide to Suicide Prevention



Support for young people, by young people.

TEXT: 439-726 | **VISIT:** textheysam.org

Hey Sam is a program of Samaritans, Inc.