



RESOURCES for the LATINX 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 Latinx community:

Organizations

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

Casa Myrna: Offers domestic violence and mental health services in both Spanish and English to survivors of abuse in the Boston area, including crisis intervention, counseling, and advocacy

Multicultural Wellness Center: Provides mental health and wellness services for the Latinx and other multicultural communities in Worcester, including individual and group therapy, substance abuse treatment, and holistic wellness services

NAMI's Compartiendo Esperanza: Offers a bilingual 90-minute presentation to increase awareness of mental health in the Latinx community and reduce stigma surrounding accessing help

SanaMente/Each Mind Matters: Offers mental health resources in Spanish that are culturally focused

Therapy Directories

Innopsych: Directory of therapists of color

Latinx Therapy: Directory of Latinx therapists

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

Apps

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



Support for young people, by young people.

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

Hey Sam is a program of Samaritans, Inc.