

Beyond Policy: How Immigration Status Affects Mental Health

National Resources

[Catholic Charities USA](#)

[Global Refuge \(Formerly Lutheran Immigration and Refugee Service\)](#)

[HIAS Pro Bono Program](#) — Assists refugees, asylum seekers, and other displaced individuals.

[Immigrant Defenders Law Center \(ImmDef\)](#) — Provides free legal representation and deportation defense services.

[International Rescue Committee](#)

[RAICES](#) — Provides immigration legal services and advocacy for immigrants and families.

Massachusetts Resources

[BCNC](#) (offices in Boston Chinatown and Quincy) provides no-cost case management and short-term mental health counseling. All our staff are Cantonese- and/or Mandarin-speaking providers.

Boston Child Study Center -- Free mental health services for immigrant children are experiencing distress as a result of ICE activities (they do not need to be directly impacted by ICE). Contact: **Emily Hartson**, BCSC Psychological First Aid Services – Intake Coordinator

Email: info@bostonchildstudycenter.com (Email for quickest response. Use email Subject Line: "Request for PFA" (for the fastest possible response)

Tel: (857) 400-9211, Voicemail: to expedite, please indicate it is a "Request for PFA"

[De Novo](#) –Contact Intake and Referral Line at (617) 661-1010 from 9:00 am to 5:00 pm, Monday through Friday.

[Legal Aid Referral List](#)

[Mental Health Resources for Immigrant Communities in Boston](#)

[MIRA Coalition](#)

New Jersey and New York Resources

[American Friends Service Committee Immigrant Rights Program \(Newark\)](#) — Assists with asylum, immigration court representation, deportation defense, and related humanitarian cases.

[Catholic Charities Immigration Services](#) — Assists documented and undocumented immigrants with immigration consultations, applications, and representation.

[Catholic Charities Diocese of Metuchen Immigration Program](#) — Provides immigration consultations and legal representation through DOJ-accredited representatives.

[Immigrant Community Law Center](#) — Provides immigration legal assistance and community-based support services.

[Legal Aid Society](#) — Provides free immigration legal services to low-income immigrants in NYC and surrounding counties.

[Legal Services of New Jersey Immigration Representation Project](#) — Provides free legal assistance to eligible low-income New Jersey residents, including immigration matters.

[Lutheran Social Ministries of New Jersey Immigration Program](#) — Offers low-cost immigration legal services for individuals who cannot afford private counsel.

[New York Legal Assistance Group](#) — Provides free legal services to low-income immigrants, including asylum, deportation defense, family-based immigration, and humanitarian cases.

[New York State Office for New Americans](#) — Offers immigration legal assistance and referrals.

[NYC Immigration Legal Support Hotline](#)—The City of New York funds a free and confidential immigration legal support hotline: **800-354-0365**

[UnLocal](#) — A nonprofit that provides direct immigration legal representation and community education, particularly for undocumented immigrants.

You can also call 311 and say “Immigration Legal” to be connected with free immigration legal services in your language.

Immigration Mental Health Support, Evaluations & Clinical Assessments

latinxtherapy.com

Simona Badger, LCSW

<https://www.sbempowerment.org/>

Jillian Phillips, MSW, LICSW, CEIS

She|they

Program Director, Office of New Americans

<https://sites.google.com/view/hopeclinicalassessments/home>

Immigration Attorneys

Important Tip If Seeking an Immigration Attorney

Because immigration scams and “notario fraud” have increased significantly, make sure the person helping is either:

- A licensed attorney, or
- A DOJ-accredited representative working for a recognized nonprofit organization.

Pro bono (free) or low-cost immigration attorneys, these are some of the most trusted places to start:

[National Immigration Legal Services Directory](#) — Search by state, city, detention facility, or type of immigration case. Only nonprofit organizations providing free or low-cost immigration legal services are listed.

[ImmigrationLawHelp.org](#) — Helps low-income immigrants find free or affordable legal assistance throughout the U.S.

[EOIR Pro Bono Legal Service Providers List](#) — The U.S. Department of Justice maintains a list of nonprofit organizations and attorneys who provide free immigration legal services.

Immigration Law & Practice Blogs and Podcasts

[McBean Law](#)

https://www.linkedin.com/posts/mcbeanlaw_mcbeanlaw-undocumented-immigration-activity-7349401750811918338-npFE

<https://www.youtube.com/channel/UC2EeMyaHqRyvLenCSUOe5uw>

[The Sekou Clarke Law Group](#)

[The Immigration Lawyers Podcast](#) with John Khosravi

Covers asylum, green cards, citizenship, visas, policy updates, and immigration practice management.

[Immigration Review Podcast](#)

Weekly immigration case summaries, court decisions, and practice insights for attorneys.

[Immigration Law Made Easy](#) hosted by Hillary Walsh.

Covers VAWA, U Visas, T Visas, citizenship, green cards, and practical immigration guidance.