

MENTAL HEALTH RESOURCES FOR IMMIGRANTS & THEIR FAMILIES

Resources for Immigrants & Their Families

Undocu-Immigrant Mental Health Toolkit



Mental Health Resources



Coping with Immigration- Related Stress



Mental Health for Immigrants



Hate Crime Info Guide



Survivors of Torture Services Map



Resources for Those In Crisis

National Suicide Prevention Hotline
1-800-273-8255
For Spanish: 1-888-628-9454
988 Lifeline: Call or Text 988

National Alliance on Mental Health
1-800-950-6264 or Text "NAMI" to 741741

SAMHSA's National Helpline
1-800-662-HELP (4357)
Text your 5-digit ZIP Code
to 435748 (HELP4U)

Crisis Text Line
Text "HOME" to 741741

988 Lifeline

