

MENTAL HEALTH RESOURCES FOR IMMIGRANTS & THEIR FAMILIES

Resources for Immigrants & Their Families

[Undocu-Immigrant Mental Health Toolkit](#)

[Immigrants Rising Mental Health Resources](#)

[Coping with Immigration-Related Stress](#)

[InformedImmigrant Mental Health for Immigrants](#)

[ARCCA Hate Crimes Informational Guide](#)

[Online Map of Resources for Survivors of Torture](#)



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

