



## Mental Health Resources for Immigrants and People of Color

<b>Social Media Resources</b>	
<a href="#">@yung_pueblo</a>	Follow Poet Diego Perez on IG for mental wellness thoughts and nudges
<a href="#">@lisaolivera</a>	Follow Lisa on IG for tips to cultivating compassion, self-acceptance, and your humanity
<a href="#">@browngirltherapy</a>	Follow this IG mental health community for children of immigrants
<a href="#">@AyanaTherapy</a>	Follow this Twitter account focused on mental health for minorities
<b>Online Resources</b>	
<a href="#">Immigrants Rising Wellness Gatherings</a>	Sign up to attend virtual Wellness Gatherings that help undocumented young people stay grounded and connected to one another.
<a href="#">Asian Mental Health Collective</a>	Website hub that pushes to make mental health easily available, approachable, and accessible to Asian communities worldwide.
<a href="#">Black Mental Wellness</a>	Website that offers mental health insights and resources for people in the Black community.
<b>Mental Health Apps</b>	Click <a href="#">here</a> for a full listing of apps based on specific mental health challenges.
<b>Local Resources</b>	
<b>HISD Wraparound Services and Communities in School (CIS)</b>	Your school may have on-campus counseling support services through CIS or your Wraparound Specialist can connect you with local mental health resources
<b>The Alliance for Multicultural Services</b>	The Alliance Wellness Center offers a variety of counseling services. Address: 6440 Hillcroft St #411, Houston, TX 77081 Phone: (713) 776-4700 Website: <a href="https://thealliancetx.org/wellness-center-fr/">https://thealliancetx.org/wellness-center-fr/</a>



<b>Catholic Charities of Galveston-Houston</b>	<p>The Counseling and Behavioral Health Clinic helps families of any income level heal from trauma and grief. Bilingual counselors available.          Website: <a href="https://catholiccharities.org/our-services/strengthening-families/counseling/">https://catholiccharities.org/our-services/strengthening-families/counseling/</a>          Call (713)874-6590 to speak to a counselor</p>
<b>Crisis Hotlines</b>	
<b>The Harris Center (Crisis Hotline)</b>	<p>24-hour mental health crisis line          Call (713) 970-7000</p>
<b>Crisis Text Line</b>	<p>Text HOME to 741741          Every texter is connected with a Crisis Counselor, a real-life human being trained to bring texters from a hot moment to a cool calm through active listening and collaborative problem solving.</p>
<b>Crisis Intervention (Spanish Hotline)</b>	<p>(713) 526-8088</p>

*Last updated November 2020*