



# YOUTH DIGITAL MENTAL HEALTH LAB

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# mental health resources

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# Mental Health Resource List for Youth

## About the Resources in this List

For each resource, we have provided the following basic information when applicable:

### Type of Resource:

- **Helpline**- hotline that can be called to speak with someone about a mental health problem you may be experiencing.
- **Resource Locator/Treatment Referrals/Therapy Finder** - search engines to locate different types of resources and to find a therapist and/or includes compilations of resources
- **Treatment/Community Group (in-person services)** - therapists, counselors, or community organizations offering mental health treatment.
- **Mental Health Apps or Websites** - phone apps or online websites designed to aid with symptoms of mental health issues.
- **Podcasts/Videos** - online podcasts/videos discussing relevant mental health topics and resources

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## **Crisis/Non-Crisis Support Lines**

### **211**

**Type of Resource:** Helpline; Dial 211

**Description:** For information about and referrals to social services for every day needs and in times of crisis

**Website:** <https://www.helplinecenter.org/2-1-1-community-resources/what-is-211/>

### **BlackLine**

**Type of Resource:** Helpline; 1-800-604-5841

**Description:** BlackLine is a 24-hour hotline geared towards the Black, Black LGBTQI, Brown, Native and Muslim community. However, no one will be turned away from the Hotline. The purpose of the BlackLine is to provide people with an anonymous and confidential avenue to report negative, physical, and inappropriate contact with police and vigilantes. BlackLine can gather needed information to share with local community organizers and officials to create the most effective response to police and/or vigilante contact. Another component of the BlackLine is to provide immediate crisis counseling to those who are upset, need to talk with someone immediately, or are in distress.

**Website:** <https://www.callblackline.com/aboutfaq>

### **Crisis Text Line**

**Type of Resource:** Helpline; Text 'HOME' to 741741

**Description:** Free, 24/7 mental health support via text message.

**Website:** <http://www.crisistextline.org/>

### **Desi LGBTQ+ helpline for South Asians**

**Type of Resource:** Helpline; Call 908- 367-3374.

**Description:** A hotline for Desi LGBTQ for South Asians.

**Website:** <https://www.deqh.org/>

### **Disaster Distress Helpline**

**Type of Resource:** Helpline; Call or text 1-800-985-5990

**Description:** The national Disaster Distress Helpline is available for anyone experiencing emotional distress related to natural or human-caused disasters.

**Website:** <https://www.samhsa.gov/find-help/disaster-distress-helpline>

### **Hear2Help**

**Type of Resource:** Helpline; (631) 751-7500

**Description:** Chat support with an online counselor is available 24/7/365. Fully trained Response counselors take chats daily. You may connect with online counselors for free & confidential support through this link.

**Website:** <https://suicidepreventionlifeline.org/chat/>

### Illinois Domestic Violence Hotline

**Type of Resource:** Helpline; 1-877-TO END DV or 1-877-863-6338 (Voice) 1-877-863-6339 (TTY). The hotline is toll free, confidential, multilingual, and open 24-hour.

**Description:** Domestic violence programs located throughout Illinois provide safety assistance to victims of domestic violence.

**Website:** <https://www.dhs.state.il.us/page.aspx?item=30275>

### Love is Respect

**Type of Resource:** Helpline; Text LOVEIS to 22522, call 1-866-331-9474

**Description:** The Love is Respect website provides resources on dating violence, education on healthy relationships with others, family, and yourself. They also offer a hotline and text line.

**Website:** <https://www.loveisrespect.org/>

### National Alliance on Mental Illness (NAMI)

**Type of Resource:** Helpline, Treatment/Community Group, mental health website, resource Locator; Text NAMI to 741-741; or call 800-950-NAMI (6264)

**Description:** The National Alliance on Mental Illness provides information to learn more about different types of mental health treatments that are available for individuals struggling with mental illness and offers a Helpline (that operates M---F 10 AM to 6PM EST).

**Website:** <https://www.nami.org/Find-Support/Teens-and-Young-Adults>

### National Domestic Violence Hotline

**Type of Resource:** Helpline; Call 1-800-799-7233 or 1-800-799-7233 for TTY, or if you're unable to speak safely, you can visit <https://www.thehotline.org/> or text LOVEIS to 22522.

**Description:** For any victims and survivors of domestic violence who need support.

**Website:** <https://www.thehotline.org/>

### National Sexual Assault Telephone Hotline

**Type of Resource:** Helpline; Call 800.656.HOPE (4673)

**Description:** Connect with a trained staff member from a sexual assault service provider in your area.

**Website:** <https://www.rainn.org/about-national-sexual-assault-telephone-hotline>

### National Suicide Prevention Lifeline

**Type of Resource:** Helpline; (800) 273-8255

**Description:** A national 24/7 service via a toll-free hotline available to anyone in suicidal crisis or emotional distress.

**Website:** <https://suicidepreventionlifeline.org/>

**Teen Link**

**Type of Resource:** Helpline; 1-866-833-6546

**Description:** Teen Link is a confidential and anonymous helpline for teens. Trained teen volunteers are available to talk with you about any issue of concern. Crisis specialists are available to talk by phone from 6-10 pm and chat or text from 6-9:30 pm every night. You can also call to connect with our substance use specialist from 2-10 pm Mon-Fri. (Call the same number and press 2) Text/Chat is available from 6pm – 10pm.

**Website:** <https://www.crisisconnections.org/teen-link/>

**Trans Lifeline**

**Type of Resource:** Helpline; 1-877-565-8860

**Description:** Peer support and crisis hotline non-profit organization serving transgender people.

**Website:** <https://translifeline.org>

**Trevor Lifeline**

**Type of Resource:** Helpline; 1-866-488-7386

**Description:** A national 24-hour, toll free confidential suicide hotline for LGBTQ youth.

**Website:** <https://www.thetrevorproject.org>

**Steve Fund**

**Type of Resource:** Helpline; Text STEVE to 741741

**Description:** Provides crisis support for young people of color, provides access to a culturally trained crisis text line counselor.

**Website:** <https://www.stevfund.org/>

**StrongHearts Native Helpline**

**Type of Resource:** Helpline; Call 1-844-762-8483

**Description:** The StrongHearts Native Helpline is a confidential and anonymous culturally-appropriate domestic violence and dating violence helpline for Native Americans, available every day from 7 a.m. to 10 p.m. CT.

**Website:** <https://www.strongheartshelpline.org/>

**Warmline**

**Type of Resource:** Helpline

**Description:** Calls offering free, confidential support for those who aren't in crisis but still want to talk to someone.

**Website:** <http://www.warmline.org/>

**Warmline List**

**Type of Resource:** Helpline

**Description:** Provides a list of warmlines by state, including the name of the warmline, the phone number(s) to call, the hours of operation, and whether or not the warmline accepts calls from out of state. You can also check [warmline.org](https://screening.mhanational.org/content/need-talk-someone-warmlines/) for additional listings and more information about warmlines.

**Website:** <https://screening.mhanational.org/content/need-talk-someone-warmlines/>

### **Your Life Your Voice: Boys Town National Hotline**

**Type of Resource:** Helpline; 1-800-448-3000

**Description:** The Your Life Your Voice from Boys Town provides a website containing information on how to help with tough situations, bullying, mental health, relationships, and provides opportunities to contact a helpline or chat/email with someone. Available 24/7.

**Website:** <http://www.yourlifeyourvoice.org/>

### **Legal Support:**

#### **Legal Council For Health Justice**

**Type of Resource:** Helpline; Call 312.427.8990

**Description:** Providing support for families having legal issues with insurance, housing, immigration, and academic services.

**Website:** <https://legalcouncil.org>

## **Resource Locators/Mental Health Information and Treatment Referrals**

### **Child Mind Institute**

**Type of Resource:** Resource Locators/Mental Health Information and Treatment Referrals (For Parents)

**Description:** The Child Mind Institute is the leading independent nonprofit in children's mental health by providing gold-standard evidence-based care and delivering educational resources to millions of families each year. The Family Resource Center provides information to support children who are struggling with mental health, behavior or learning challenges.

Example articles:

**How Anxiety Affects Teenagers:** <https://childmind.org/article/signs-of-anxiety-in-teenagers/>

**Resources for Families Worried about Suicide:**

<https://www2.childmind.org/webmail/908232/244498325/e7e25e6f7ad9d77607f82428566d3a0acd90efdb31c474798b0aaf3636982e58>

The Child Mind Institute provides a series of free videos teaching evidence-based mental health skills to support high school, middle-school, and elementary students cope with stress.

[https://childmind.org/healthyminds/students/?utm\\_medium=email&utm\\_source=email&utm\\_campaign=chmtk\\_topic1\\_2022-02-03&utm\\_content=cta4\\_ca-healthy-minds-students](https://childmind.org/healthyminds/students/?utm_medium=email&utm_source=email&utm_campaign=chmtk_topic1_2022-02-03&utm_content=cta4_ca-healthy-minds-students)

**Website:** <https://childmind.org/resources/>

### **Health Connection HUB**

**Type of Resource:** Resource Locator

**Description:** This resource Locator helps you find free or reduced-cost services for healthcare,

housing, food, and other social supports near you.

**Website:** <https://healthconnectionhub.org/>

### **Jason Foundation**

**Type of Resource:** Resource Locators/Mental Health Information and Treatment Referrals

**Description:** The Jason Foundation is dedicated to the prevention of the “Silent Epidemic” of youth suicide through educational and awareness programs that equip young people, educators/youth workers and parents with the tools and resources to help identify and assist at-risk youth.

**Website:** <https://jasonfoundation.com/>

### **JED’s Mental Health Resource Center for Young Adult Emotional Health and Well-being**

**Type of Resource:** Resource Locator

**Description:** Provides essential information on young adult mental health and emotional-wellbeing. To get help now, Text "START" to 741-741 or call 1-800-273-TALK (8255).

**Website:** <https://www.jedfoundation.org/mental-health-resource-center/>

### **Latinx Therapy**

**Type of Resource:** Mental Health Information

**Description:** Breaking the stigma of mental health related to the Latinx community; learn self-help techniques, how to support self & others

**Website:** <https://latinxtherapy.com/>

### **Lee Thompson Young Foundation**

**Type of Resource:** Resource Locator, Mental Health Information

**Description:** The organization has a youth mental health first aid program dedicated to adolescent mental health and substance use.

**Website:** <https://www.ltyfoundation.org/resources>

### **Life is Precious**

**Type of Resource:** Mental Health Information

**Description:** Is a suicide prevention program for Latinx girls that provides academic support, art therapies, and mental health and wellness activities.

**Website:** <https://www.comunilifelip.org/contact>

### **Mental Health America**

**Type of Resource:** Resource Locator, Mental Health Information

**Description:** The Mental Health America website has information on support, education, and services pertaining to mental health. This includes information about mental health programs, screening surveys for specific mental health issues, and information on ways to get involved in mental health advocacy. Their “Find Help” tab also offers several tips and resources for mental health treatment.

**Website:** <http://www.mentalhealthamerica.net>

### **National Institute on Drug Abuse for Teens**

**Type of Resource:** Resource Locator, Mental Health Information

**Description:** The National Institute on Drug Abuse for Teens provides information to learn more about drugs and drug abuse, treatments and help that are available for individuals struggling with substance abuse.

**Website:** <https://teens.drugabuse.gov/>

### **Parenting Culture**

**Type of Resource:** Resource Locator, Mental Health Information

**Description:** Provides inclusive resources for providers and parents around discussions of race, gender, immigration, linguistic diversity, and more.

**Website:** [www.parentingculture.org](http://www.parentingculture.org)

### **Psychology Today**

**Type of Resource:** Resource Locator

**Description:** This treatment Locator helps you search for mental health treatment providers and treatment centers by zip code. It includes details about area of expertise, theoretical orientation, ages served, and insurance acceptance.

**Website:** <http://psychologytoday.com>

### **SAMHSA Treatment Locator**

**Type of Resource:** Resource Locator, Mental Health Information; Call 1-800-662-4357

**Description:** Free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

**Website:** <https://findtreatment.samhsa.gov>

### **Society for the Prevention of Teen Suicide (SPTS)**

**Type of Resource:** Resource Locator, Mental Health Information

**Description:** Society for the Prevention of Teen Suicide is dedicated to increasing awareness, saving lives and reducing the stigma of suicide through specialized training programs and resources that empower teens, parents and educational leaders with the skills needed to help youth build a life of resiliency.

**Website:** <http://www.sptsusa.org/>

### **Suicide Prevention Resource Center**

**Type of Resource:** Resource Locator, Mental Health Information

**Description:** Compilation of suicide prevention resources pertaining to schools, universities, workplaces, and more.

**Website:** <https://www.sprc.org/>

### **U.S. HHS Office of Minority Health**

**Type of Resource:** Resource Locator, Mental Health Information

**Description:** The Office of Minority Health is dedicated to improving the health of racial and ethnic minority populations through the development of health policies and programs that will help



eliminate health disparities.

**Website:** <https://www.minorityhealth.hhs.gov/>

### **BIPOC-specific Resource Locators**

#### **American Society of Hispanic Psychiatry**

**Type of Resource:** Therapy Finder

**Description:** Works to foster multidisciplinary collaborations in mental health treatment with a specific focus on Latinx populations.

**Website:** <https://www.americansocietyhispanicpsychiatry.com/find-a-physician/>

#### **Asians for Mental Health**

**Type of Resource:** Therapy Finder

**Description:** Destigmatizes mental health for Asian diaspora by connecting Asian-American therapists via a directory.

**Website:** [www.asiansformentalhealth.com](http://www.asiansformentalhealth.com)

#### **Ayana**

**Type of Resource:** Therapy Finder

**Description:** Ayana helps people from marginalized communities find a therapist from similar backgrounds, be it race, sexuality, ability, or otherwise, using an algorithm. Once you are matched with a provider, you will be able to use the Ayana platform to begin your video sessions.

**Location:** Website (free to use matching service)

**Website:** <https://www.ayanatherapy.com>

#### **Black Emotional and Mental Health Collective (BEAM)**

**Type of Resource:** Therapy Finder

**Description:** Directory to find a Virtual Black therapist, doula, yoga teacher, mediator and much more, state-specific.

**Website:** <https://wellness.beam.community>

#### **Black Girl Smiles**

**Type of Resource:** Resource Locator, Mental Health Information

**Description:** Provides a compiled list of national organizations which serve to support and improve young black women's mental well-being.

**Website:** <https://www.blackgirlssmile.org/resources>

#### **Black Men Heal**

**Type of Resource:** Resource Locator, Mental Health Information

**Description:** Provides access to mental health treatment, psychoeducation, and community resources to men of color.

**Website:** <https://blackmenheal.org/>

### **Black Mental Health Alliance**

**Type of Resource:** Resource Locator

**Description:** The Black Mental Health Alliance website provides resources for the community.

**Website:** <https://blackmentalhealth.com/resources/>

### **Black Mental Wellness**

**Type of Resource:** Resource Locator, Mental Health Information

**Description:** Offers access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective and decreases the mental health stigma in the Black community.

**Website:** <https://www.blackmentalwellness.com/about-us-1>

### **Center for Native American Youth at the Aspen Institute**

**Type of Resource:** Resource Locator, Mental Health Information

**Description:** Is a national organization that advocates for and promotes the mental well-being of Native American youth through community-driven solutions with an emphasis on preventing youth suicide.

**Website:** <https://www.cnay.org/resource-exchange/?city=&state=&type=&topic%5B%5D=109&for=>

### **Concerned Black Men of America**

**Type of Resource:** Resource Locator, Mental Health Information

**Description:** An organization connecting children of color to mental health resources and role models.

**Website:** <http://cbmnational.org/our-chapters/>

### **Darkness Rising Project**

**Type of Resource:** Resource Locator, mental health website

**Description:** Darkness RISING is a mental health awareness 501(c)3 nonprofit, offering free community wellness workshops geared toward people of color, inspirational cover songs, visual albums, and live concerts created by Black Broadway and theater professionals, many who have experienced a mental health condition. Their goal is to inspire conversations about mental health, address issues which directly affect the Black community, connect attendees to [resources](#), and erase the stigma. Website includes mental health resources and a database to look for mental health providers.

**Website:** <https://www.darknessrisingproject.org/>

### **Every Mind**

**Type of Resource:** Resource Locator, Mental Health Information

**Description:** Mental health resources for Black and African American communities.

**Website:** <https://www.every-mind.org/black-and-african-american-mental-health-resources/>

### **Finding the Right Black Therapist**

**Type of Resource:** Therapy Finder, Resource Locator

**Description:** Providing tips and resources for finding culturally sensitive mental health care.

**Website:** <https://therapy4thepeople.org/how-to-find-the-right-therapist-black/>

### **Melanated Social Work**

**Type of Resource:** Resource Locator, Mental Health Information

**Description:** Built to decolonize mental health practices by shifting the dialogue around wellness and healing in communities of color.

**Website:** [www.melanatedsocialwork.com](http://www.melanatedsocialwork.com)

### **Mental Health America BIPOC Mental Health Resources**

**Type of Resource:** Resource Locator, mental health website

**Description:** The Mental Health America website has information on support, education, and services pertaining to mental health. This includes information about mental health programs, screening surveys for specific mental health issues, and information on ways to get involved in mental health advocacy. Their “Find Help” tab also offers several tips and resources for mental health treatment.

**Website:** <https://mhanational.org/bipoc-mental-health>

### **National Alliance on Mental Illness: African Americans**

**Type of Resource:** Mental Health Information

**Description:** Learn more about mental wellness in the African American community.

**Website:** <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Black-African-American>  
<https://namiqn.org/your-journey/diverse-communities/african-american-mental-health/african-american-recovery-wellness-resources/>

### **NAMI Compartiendo Esperanza**

**Type of Resource:** Mental Health Information

**Description:** Learn more about mental wellness in the Latinx community.

**Website:** <https://www.nami.org/Support-Education/Mental-Health-Education/NAMI-Compartiendo-Esperanza-Mental-Wellness-in-the-Latinx-Community>

### **National Queer and Trans Therapists of Color Network**

**Type of Resource:** Resource Locator

**Description:** Provides community resources for LGBTQ+ people of color.

**Website:** <https://nqttcn.com/en/community-resources/>

### **NAMI Sharing Hope**

**Type of Resource:** Mental Health Information

**Description:** Learn more about mental wellness in the Black community.

**Website:** <https://www.nami.org/Support-Education/Mental-Health-Education/NAMI-Sharing-Hope-Mental-Wellness-in-the-Black-Community>

### **Psychology Today Directory of African American Therapists**

**Type of Resource:** Therapy Finder, Resource Locator

**Description:** This treatment Locator helps you search for mental health treatment providers and

treatment centers by zip code. It includes details about area of expertise, theoretical orientation, ages served, and insurance acceptance.

**Website:** <https://www.psychologytoday.com/us/therapists/african-american>

### **South Asian Therapists**

**Type of Resource:** Therapy finder, Resource Locator, Mental Health Information

**Description:** First online catalog and resource on South Asian providers and mental health resources specific to South Asian communities

**Website:** [www.southasiantherapists.org](http://www.southasiantherapists.org)

### **Therapy For Black Girls**

**Type of Resource:** Therapy Finder, Mental Health Website

**Description:** Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls. Website includes a podcast and therapist finder.

**Website:** <https://therapyforblackgirls.com/>

### **Therapy for Black Kids**

**Type of Resource:** Resource Locator, Mental Health Information

**Description:** Educational information and resources to parents to promote healthy emotional development and resilience among Black children, teens, and their families.

**Website:** [www.therapyforblackkids.org](http://www.therapyforblackkids.org)

### **Therapy for Latinx**

**Type of Resource:** Therapy Finder, Resource Locator, Mental Health Information

**Description:** National mental health resource for the Latinx community; provides resources for Latinx community to heal, thrive, and become advocates for their own mental health.

**Website:** <https://www.therapyforlatinx.com/>

### **We R Native**

**Type of Resource:** Resource Locator, Mental Health Information

**Description:** Provides a collection of mental health resources for Native American youth about issues such as depression, stress and mood improvement.

**Website:** <https://www.wernative.org/>

## **Therapy Funds**

### **AAOKA**

**Type of Resource:** Funding, treatment

**Description:** Organization with a special focus on the unique experiences of people of color. Engages with communities on a deeper, culturally-relevant level by conducting research and providing clinical support. Offers a sign-up for up to five free virtual therapy sessions for teens and young adults.

**Website:** <https://aakomaproject.org/our-blog-outreach/>

### **The Loveland Foundation**

**Type of Resource:** Funding, treatment

**Description:** Therapy fund for black women and girls seeking therapy.

**Website:** <https://thelovelandfoundation.org/loveland-therapy-fund/>

## **Mental Health and Social Services and Resources (Illinois)**

### **Ann & Robert H. Lurie Children's Hospital (Illinois)**

**Type of Resource:** Hospital, Treatment/Community Group

**Description:** Laurie's Children's Hospital can help provide appointments and other services just for children and youth.

**Address:** 225 E. Chicago Ave. Chicago, IL 60611

**Website:** <https://www.luriechildrens.org/en/contact-us/>

### **Access Community Health Networks (Illinois)**

**Type of Resource:** Health Center, Treatment/Community Group

**Description:** Access Community Health Networks provide a number of medical services but also provide behavioral health services. Call to make an appointment.

**Website:** <https://www.achn.net/services-programs/behavioral-health/>

**Phone Number:** 1-866-267-2353

### **Chicago Freedom School (Illinois)**

**Type of Resource:** Non-profit organization, Social activism

**Description:** Through youth programs and trainings, the Chicago Freedom School equips young people and adult allies with the tools to develop actionable strategies for social change.

**Website:** <https://chicagofreeschool.org/programs/>

### **Coffee, Hip-Hop, & Mental Health (Illinois)**

**Type of Resource:** BIPOC-specific, therapy fund, therapist finder

**Description:** The mission of Coffee, Hip-Hop, & Mental Health is to normalize therapy, particularly in Black neighborhoods, where therapy is stigmatized and considered taboo, and where disparities and injustice have long-been the standard. CHHAMH offers a scholarship aimed at eliminating the societal and financial barriers that many individuals face when it comes to asking for help. Scholarships include 10 subsidized therapy sessions with a licensed therapist partner.

**Website:** <https://chhamh.org/get-therapy>

### **Entry Point (Illinois)**

**Type of Resource:** Non-profit organization, Homelessness Support

**Description:** Entry Point's purpose is to ensure all people experiencing homelessness or who are at-risk of homelessness have fair and equal access to housing. Individuals and families experiencing homelessness or who are at-risk of homelessness can access Entry Point throughout the region. Trained Entry Point staff work with households to understand their strengths and needs using a standardized

assessment. Entry Point also helps suburban Cook County make the best matches between homeless assistance resources and the people who need them most.

**Website:** <http://myentrypoint.org/>

**Phone Number:** 1.877.426.6515

### **Esperanza Health Centers (Illinois)**

**Type of Resource:** Health Center, Treatment/Community Group

**Description:** Esperanza Health Centers provide a number of medical services but also provide mental health services. Call to make an appointment.

**Website:** <https://www.esperanzachicago.org/page/behavioral-health>

**Phone Number:** 773-584-6200

### **Healthcare Alternative Systems (Illinois)**

**Type of Resource:** Non-profit organization, Behavioral health services

**Description:** Healthcare Alternative Systems is a non-profit organization providing behavioral health services to Chicago and the surrounding communities. The premier behavioral health resource for Chicago's Latino community, H.A.S. provides culturally competent, bilingual (English and Spanish) services to a diverse population of adolescents and adults from all backgrounds.

**Website:** <https://www.hascares.org/>

### **Howard Brown Health / Broadway Youth Center (Illinois)**

**Type of Resource:** Health Center, Treatment/Community Group

**Description:** The Broadway Youth Center provides a number of services including medical services, shelter, safe spaces, employment services, but also provides behavioral health services for youth. Call or drop in.

**Website:** <https://howardbrown.org/byc/>

**Phone Number:** 773-388-1600

### **Lawndale Christian Health Centers (Illinois)**

**Type of Resource:** Health Center, Treatment/Community Group

**Description:** Lawndale Christian Health Centers provide a number of medical services but also provide mental health services, behavioral health consultation and support groups. Call to make an appointment. Center provides bilingual services, Spanish and English.

**Website:** <https://www.lawndale.org/service/behavioral-health>

**Phone Number:** 872-588-3000

### **Lilac Tree (Illinois)**

**Type of Resource:** Family resource - Divorce

**Description:** The Lilac Tree helps individuals navigate and overcome the challenges of separation and divorce by providing access to legal information, support networks and professional resources.

**Website:** <https://thelilactree.org/about-us>

### **Loyola University Chicago School-Based Health Center (Illinois)**

**Type of Resource:** Health Center, Treatment/Community Group

**Description:** The clinic at Proviso East is designed for teens and has Loyola medical, mental health, and nutrition providers. We are located in room 86B, next to the school nurse's office. All District 209 students are eligible for services (no-charge for primary health care for Proviso East students)! In-person and telehealth visits available -- call (708) 449-9522 to make an appointment

**Website:** <https://www.loyolasbhc.org>

**Phone Number:** (708) 449-9522

### **Metropolitan Family Services (Illinois)**

**Type of Resource:** Non-profit organization, Treatment/Community Group

**Description:** Metropolitan Family Services provides various services such as employment, medical and behavioral health services to families in Chicago. Call or make an appointment.

**Website:** <https://www.metrofamily.org/programs-and-services/emotional-wellness/behavioral-health>

**Phone Number:** 312-986-4000

### **Mobile Crisis Response (Illinois)**

**Type of Resource:** Mobile Mental Health Crisis Team for Children & Teens; Call the CARES Hotline at 1.800.345.9049

**Description:** A Mobile Crisis Response team can quickly respond to your phone call, travel to your child/teen's location, and provide immediate on-site support.

**Websites:**

<https://www.lssi.org/behavioral-health/mobile-mental-health-crisis-team-children-teens.php>

<https://willcountyhealth.org/mobile-crisis-program-mcr/>

### **NAMI Chicago (Illinois)**

**Type of Resource:** Nonprofit organization

**Description:** NAMI Chicago provides the services needed to support wellness in the community, from lending a listening ear to a concerned family member, to working with individuals long-term connecting to resources for legal and housing assistance. Their Helpline serves the community 7 days a week, connecting individuals, families and providers with the right resources for mental health support. Callers dial to connect to a live clinician or peer for referrals, guidance and expertise. Sometimes a phone call isn't enough, and we meet individuals in person to provide advocacy and peer support through mental health challenges. NAMI Chicago also offers peer-led support groups and classes in various locations across Chicago.

**Website:** <https://www.namichicago.org/>

**Phone:** 833-626-4244

### **NAMI Cook County North Suburban (Illinois)**

**Type of Resource:** Nonprofit organization

**Description:** NAMI CCNS is an affiliate of the NAMI National organization. They offer free of charge Family to Family, Basics for Parents classes, Balance for Success, peer and support groups. They host

bimonthly education meetings and advocate for individuals with mental illness. They also have a comprehensive list of crisis resources, warmlines, and local mental health resources.

**Website:** <https://namiccns.org/>

**Phone:** 847-716-2252

### **NAMI Illinois (Illinois)**

**Type of Resource:** Nonprofit organization

**Description:** The National Alliance on Mental Illness of Illinois (NAMI Illinois) is a nonprofit organization affiliated with the National Alliance on Mental Illness (NAMI). It serves residents across the state with free mental health support, online groups, resources, and education. Visit their Affiliate page to find the NAMI affiliate closest to you.

**Website:** <https://namiillinois.org/>

### **Oak Park Public Library (Illinois)**

**Type of Resource:** Non-profit organization

**Description:** The library's Social Services and Public Safety team ensures safety in the library and refers people to resources for mental health, housing, employment, health care, immigration, domestic violence, and more. The library also offers free mental health assessments through a partnership with Rush University Medical Center.

**Website:** <https://www.oppl.org/use-your-library/social-services/>

### **Oak Park Township Youth Services (Illinois)**

**Type of Resource:** Non-profit organization

**Description:** Supports programs and services that address youth through the implementation of prevention techniques, crisis intervention, restorative justice, therapeutic involvement, case management and coordination of wraparound services with other community partners and agencies.

**Website:** <https://oakparktownship.org/youth-services/>

### **Pillars Community Health (Illinois)**

**Type of Resource:** Non-Profit Health, Mental Health and Social Services Provider, Treatment/Community Group

**Description:** Provide a range of behavioral health and support services.

**Website:** <https://pillarscommunityhealth.org/services/behavioral-health-and-support-services/>

**Phone Number:** Main number/24-hour crisis line 708-745-5277; 24-hour, confidential domestic violence hotline 708-485-5254; 24-hour, confidential sexual assault hotline 708-482-9600

### **Pilsen Wellness Center (Illinois)**

**Type of Resource:** Community Organization, Treatment/Community Group

**Description:** The Pilsen Wellness Center provides mental health, substance use and HIV preventive services to all over Chicago. To see if a center is in your community look on the website. Center provides bilingual services, Spanish and English.

**Website:** <http://www.pilsenwellnesscenter.org/>



**Riveredge Hospital (Illinois)**

**Type of Resource:** Hospital, Treatment/Community Group

**Description:** Psychiatric hospital in the state of Illinois with a full range of inpatient and outpatient behavioral health services for children, adolescents, and adults.

**Address:** 8311 W. Roosevelt Rd, Forest Park, IL 60130

**Website:** <https://riveredgehospital.com/>

**Phone Number:** 708-771-7000

**Sarah's Inn (Illinois)**

**Type of Resource:** Non-profit organization, Treatment/Community Group

**Description:** Comprehensive Domestic Violence Support and Services in Chicago and West Cook County

**Website:** <https://sarahsinn.org/>

**Phone Number:** 24-hour crisis line: 708-386-4225 (phone) / 708-792-3120 (text)

**Thresholds (Illinois)**

**Type of Resource:** Non-profit organization, Treatment/Community Group

**Description:** Thresholds is an organization that provides various services such as employment, medical and behavioral health services to families in Chicago. They have youth services and programs.

**Website:** <http://www.thresholds.org/our-work/youth-services/>

**Phone Number:** 773- 572-5500

**Thrive Counseling Center (Illinois)**

**Type of Resource:** Non-profit organization

**Description:** The mission of Thrive Counseling Center is to build healthy minds, families, and communities by empowering people to attain mental and emotional well-being. Hope, resilience, and recovery form the heart of our programs and services. Includes free support check-in-line, 24/7 crisis team, group services, and suicide prevention awareness.

**Website:** <https://www.thrivecc.org>

**Under the Rainbow at Sinai Health System (Illinois)**

**Type of Resource:** Community Health System, Treatment/Community Group

**Description:** Under the Rainbow is a community organization that provides mental health services for the North Lawndale and Little Village communities. Center provides bilingual services, Spanish and English.

**Website:** <http://www.sinai.org/content/under-rainbow>

**Phone Number:** 773-542-2000

**Youth Crossroads (Illinois)**

**Type of Resource:** Non-profit organization

**Description:** Youth Crossroads provides school-based individual and group counseling services to help at-risk young people develop the skills and confidence to achieve success in school, at home and in life.

The agency focuses its counseling efforts on reducing the negative effects of violence, trauma and other current life difficulties while building new skills and attitudes that help young people move forward in safe and productive ways.

**Website:** <https://youthcrossroads.org/counseling/>

## **Out-of-State Resources**

### **Caleb's Kids**

**Website:** <https://www.calebskids.org/home.html>

**Description:** Our work is catered to Metro-Detroit Area youth in grades 6 - 12. We positively impact suicide rates by providing tools, resources, educational materials, workshops, and other support for mental illness awareness and suicide prevention.

**Location:** Metro-Detroit Area

### **California Black Women's Health Project (CABWHP)**

**Website:** <https://www.cabwhp.org/>

**Description:** The only statewide, non-profit organization that is solely committed to improving the health of California's 1.2 million Black women and girls through advocacy, education, outreach and policy. Also provides a mental health toolkit:

[https://www.cabwhp.org/uploads/5/6/6/4/56647115/cabwhp-cpehn\\_mental\\_health\\_toolkit\\_-\\_12.2020.pdf](https://www.cabwhp.org/uploads/5/6/6/4/56647115/cabwhp-cpehn_mental_health_toolkit_-_12.2020.pdf) (See page 18-37 for local and national mental health resources)

**Location:** California

### **Looking Glass**

**Phone:** 1-888-989-9990 (24 hour)

**Description:** Looking Glass provides a service for individuals or parents of individuals who are under the age of 18. Anyone experiencing an immediate emotional or behavioral crisis can call, and, in extreme cases, they can deploy a 2-person team to help with the crises.

**Location:** Oregon

### **US Mobile Crisis Options**

**Website:**

<https://docs.google.com/spreadsheets/d/1yrtIYfZbU1l8-ysDZB5CHYCj3tjkPnQ/edit#gid=1769172286>

**Description:** The purpose of this spreadsheet is to serve as a directory that mental health providers and researchers can use as a starting point to identify emergency numbers that they and their clients can call during a mental health emergency given that some patients, and/or their family members and particularly those who identify as BIPOC, may not feel safe calling 9-1-1 and interacting with police officers during a mental health crisis. Unfortunately, some mobile crisis services still require the involvement of the 9-1-1 dispatcher and/or law enforcement which have been noted in the spreadsheet when applicable.

### **Virtue Mental**

**Website:** <https://www.virtuemental.org/>

**Description:** Virtue Mental provides free mental health resources and support groups to historically marginalized communities and individuals who have recently immigrated to the United States. The support group sign up can be found [here](#) and many free mental health resources can be found [here](#).

**Location:** Virtual

### **White Bird Crisis Service Center**

**Phone:** 541-687-4000 (24 hour)

**Description:** White Bird Center provides a phone hotline, crisis counseling, and mobile intervention for anyone in crisis.

**Location:** Oregon

## **BIPOC-Specific OOS Resources**

### **Black Minds Matter**

**Website:** <https://www.blackmindsmatteruk.com/>

**Description:** Connecting Black individuals and families in the UK with free mental health services — by professional Black therapists to support their mental health.

**Location:** UK

### **FACE**

**Website:** <https://faceofboonecounty.org/>

**Description:** FACE is a single point of entry for families with youth ages 0-19 who are seeking services for social, emotional, and behavioral concerns in Boone County.

**Location:** Boone County

## **Mental Health Apps and Websites**

### **Animated Teen Narratives**

**Description:** Animated teen narratives about a myriad of different mental health challenges.

**Website:** <https://walkinourshoes.org/#/our-stories>

### **Go Ask Alice**

**Description:** Q and A site supported by a team of Columbia University health promotion professionals.

**Website:** <https://goaskalice.columbia.edu/>

### **Happify**

**Description:** Happify's science-based activities and games can help reduce stress, overcome negative thoughts, and build greater resilience by providing effective tools and programs to improve emotional well-being.

**Location:** Apple and Google Play stores (freemium)

**Website:** <https://www.happify.com/>

### **Headspace**

**Description:** Choose from hundreds of guided meditations on everything from stress management and anxiety management to sleep, personal growth, and mind-body health.

**Location:** Apple and Google Play stores (freemium)

**Website:** <https://www.headspace.com/>

### IntelliCare Apps

**Type of Resource:** Mental Health Apps

**Description:** 13 different apps that utilize clinical strategies for symptoms of depression and anxiety.

**Location:** Apple and Google Play stores (free)

**Website:** <https://intellicare.cbits.northwestern.edu/>

### Mental Health is Health

**Type of Resource:** Website

**Description:** MTV Entertainment Group initiative rooted in the reality that we all have mental health and need to take care of it like we do our physical health. The initiative aims to normalize conversation, create a connection to resources and inspire action on mental health.

**Website:** <https://www.mentalhealthishealth.us/>

### My Mental Health: Do I Need Help?

**Type of Resource:** Website

**Description:** National Institute of Mental Health infographic to help determine when to seek mental health support.

**Website:** <https://www.nimh.nih.gov/health/publications/my-mental-health-do-i-need-help>

### National Academy of Sciences

**Description:** Provides various free video-based lessons for supporting emotional wellbeing in youth.

**Website:**

<https://nap.nationalacademies.org/resource/other/dbasse/wellbeing-tools/interactive/tools-for-teens.html>

### Ok2Talk

**Description:** A moderated online community platform by the National Alliance on Mental Illness for teens to anonymously express their experiences of mental illness, recovery, or struggle.

**Website:** <https://ok2talk.org/>

### PsyberGuide

**Type of Resource:** Mental Health App Guide

**Description:** PsyberGuide reviews apps available for mental health. Adolescents, for example, can select the criteria of “Stress and Anxiety” and filter the app results for the audience of “Adolescents.” The results then show the related apps that have been reviewed, and rate them on credibility, user experience, and transparency.

**Website:** <https://onemind.org/resources/psyberguide-app-toolkits/>

<https://www.psyberguide.org/about-psyberguide/>

### StreetLight Chicago

**Type of Resource:** Website and App

**Description:** StreetLight Chicago provides up-to-date information on shelters, health clinics, emergency beds, mental health services, and more. The website is geared for young adults in Chicago.

**Location:** Apple and Google Play stores (free)

**Website:** <http://www.streetlightchicago.org/>

### Think Cultural Health

**Description:** U.S. Department of Health and Human Services' free and accredited e-learning program is designed for maternal health care providers and students seeking knowledge and skills related to cultural competency, cultural humility, and person-centered care.

**Website:** <https://thinkculturalhealth.hhs.gov/>

### Wysa

**Description:** AI chatbot that leverages evidence-based cognitive-behavioral techniques (CBT) to make you feel heard. Blended with professional human support, Wysa provides 24/7 high-quality mental health support.

**Location:** Apple and Google Play stores (freemium)

**Website:** <https://www.wysa.io>

## Apps/Websites for Managing Thoughts of Suicide and Urges to Self-Harm

### Action Alliance for Suicide Prevention

**Description:** The Action Alliance resource library includes products, including toolkits, handouts, PowerPoint presentations, archived webinars, reports, created by the Action Alliance and its partners.

**Website:** <http://actionallianceforsuicideprevention.org/resources>

### American Foundation for Suicide Prevention (AFSP)

**Description:** Find resources for suicide prevention for you or someone you know. We also provide resources supporting diverse communities and the LGBTQ community as well.

**Website:** <https://afsp.org/find-support/resources/>

### Better Stop Suicide

**Description:** Better Stop Suicide has been designed to help tackle the growing problem of suicide. This is a free app using world-leading psychological techniques and technology to stop people from committing suicide. Contains emotional needs checks, life-saving messages, calming audio files, key phone contacts, gratitude list, etc.

**Location:** Apple and Google Play stores (free)

**Website:** [https://thebetterappcompany.com/better\\_stop\\_suicide](https://thebetterappcompany.com/better_stop_suicide)

### Calm Harm

**Description:** Calm Harm is an app developed for teenage mental health using the basic principles of an evidence-based therapy called Dialectical Behavioral Therapy (DBT). Calm Harm provides tasks to help you resist or manage the urge to self-harm.

**Location:** Apple and Google Play stores (free)

**Website:** <https://calmharm.co.uk>

### DBT Coach

**Description:** A comprehensive app for Dialectical Behavior Therapy (DBT). Learn, practice and track your DBT skills with DBT Coach App. Engage better with your Therapist using the comprehensive Behavioral Health Platform.

**Location:** Apple and Google Play stores (freemium/subscription)

**Website:** <https://apps.apple.com/us/app/dbt-coach/id1452264969/>  
[https://play.google.com/store/apps/details?id=co.swasth.dbtcoach&hl=en\\_US&gl=US](https://play.google.com/store/apps/details?id=co.swasth.dbtcoach&hl=en_US&gl=US)

### notOK

**Description:** notOK App is a free digital panic button to get you immediate support via text, phone call, or GPS location when you're struggling to reach out.

**Location:** Apple and Google Play stores (free)

**Website:** <https://www.notokapp.com>

### Suicide Safe

**Description:** Suicide Safe is a free mobile app developed by SAMHSA that helps providers integrate suicide prevention strategies into their practice and address suicide risk among their patients.

**Location:** Apple and Google Play stores (free)

**Website:** <https://store.samhsa.gov/product/suicide-safe>

### TalkLife

**Description:** This is a safe place where you can talk about anything: mental health, depression, self harm, eating disorders, a bad breakup or a relationship, school or work.

**Location:** Apple and Google Play stores (free)

**Website:** <https://www.talklife.com>

### Virtual Hope Box

**Description:** The Virtual Hope Box (VHB) is a smartphone application designed for use by patients and their behavioral health providers as an accessory to treatment. The VHB contains simple tools to help patients with coping, relaxation, distraction, and positive thinking. Patients and providers can work together to personalize the VHB content on the patient's own smartphone according to the patient's specific needs.

**Location:** Apple and Google Play stores (free)

**Website:** <https://www.my-therapy.co.uk/app/virtual-hope-box>

### Apps/Websites for Helping a Friend who may be Suicidal

#### **A Friend Asks**

**Description:** “A Friend Asks” is a free smart-phone app that helps provide the information, tools and resources to help a friend (or yourself) who may be struggling with thoughts of suicide.

**Location:** Apple and Google Play stores (free)

**Website:** <https://jasonfoundation.com/get-involved/student/a-friend-asks-app/>

#### **Know The Signs: Suicide Prevention**

**Description:** Tips on recognizing the signs and what to do for someone suicidal.

**Website:** <https://www.suicideispreventable.org/>

### BIPOC-Specific Apps/Websites

#### **Hurdle Health**

**Description:** Hurdle provides Culturally Intentional Teletherapy and respects the unique needs of everyone. With cultural humility, they create a safe space where all people can show up as they are and feel understood, focusing on serving People of Color and other minority groups.

**Location:** Website (pay for therapy)

**Website:** <https://www.hurdle.health/>

#### **Liberate Meditation**

**Description:** The app is designed to support Black folks on their path to healing by naming and offering resources for common cultural experiences, like internalized racism and microaggressions.

**Location:** Apple and Google Play stores (subscription-based)

**Website:** <https://liberatemeditation.com>

#### **Shine**

**Description:** Prioritizing your mental health starts here. Learn a new self-care strategy every day, get support from a diverse community, and explore an audio library of over 800+ original meditations, bedtime stories, and calming sounds to help you shift your mindset or mood. Women and BIPOC-focused.

**Location:** Apple and Google Play stores (freemium)

**Website:** <https://www.theshineapp.com>

#### **Exhale**

**Description:** Exhale-BIWOC Well-Being is an app that aims to improve emotional well-being for Black, Indigenous, Women of Color (BIWOC). This app was designed and curated by BIWOC with the goal of creating a safe space for BIWOC facing systems of oppression. It includes features such as guided imagining, coaching talks, and daily affirmations.

**Location:** Apple and Google Play stores

**Website:** <https://www.exhalesite.com/>

### Young People of Color: Discussion & Forum

**Description:** Provides an online support community for young people of color.

**Website:** <https://www.7cups.com/home/poc/#:~:text=The%20Young%20People%20of%20Color%20at%207%20Cups%20is%20supported,of%20young%20people%20of%20color.>

### COVID-19 Mental Health Articles

- How teenagers can protect their mental health during coronavirus (COVID-19) by United Nations Children's Fund (UNICEF):  
<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>
- Mental Health And COVID-19 – Information And Resources from Mental Health America:  
<https://mhanational.org/covid19##ToolsAndInformationOnAnxiety>
- RESOURCES FOR COPING WITH COVID-19 by the Community-Academic Research Engagement (CARE) Lab: <https://www.thecarelabllu.com/coping-with-covid-19>
- Dealing with Depression - (originally from Caleb's Kids):  
[https://d3mh72llnfrpe6.cloudfront.net/wp-content/uploads/2018/03/09211025/dwd\\_printversion.pdf](https://d3mh72llnfrpe6.cloudfront.net/wp-content/uploads/2018/03/09211025/dwd_printversion.pdf)
- Dealing with Anxiety - (originally from Caleb's Kids):  
<https://nebula.wsimg.com/63986730b53b55e8b1c460cd69db0731?AccessKeyId=4B1CABD1FEC648AF17E0&disposition=0&alloworigin=1>
- Self-Care Resources - (originally from Caleb's Kids):  
<https://nebula.wsimg.com/6b93564ef9e24aa2eefd1028fe420186?AccessKeyId=4B1CABD1FEC648AF17E0&disposition=0&alloworigin=1>
- Resources especially for teens, tweens & their families during COVID-19:  
<https://www.oppl.org/news-events/teens/resources-especially-for-teenagers-during-covid-19/>
- Domestic Violence During COVID-19:  
<https://www.thehotline.org/resources/staying-safe-during-covid-19/>

### BIPOC COVID-19 Mental Health Articles:

- 44 Mental Health Resources for Black People Trying to Survive in This Country:  
<https://www.self.com/story/black-mental-health-resources>  
“Here’s a list of resources that may help if you’re looking for mental health support that validates and celebrates your Blackness. It starts with people to follow on Instagram who regularly drop mental health gems, then goes into groups and organizations that do the same, followed by directories and networks for finding a Black mental health practitioner. Lastly, I’ve added a few tips to keep in mind when seeking out this kind of mental health support, especially right now.”
- Healing Youth Alliance: Youth-Powered Mental Health Advocacy Organization:  
[https://www.washingtonpost.com/local/the-mental-health-field-is-overwhelmingly-white-this-group-for-black-baltimore-teens-hopes-to-change-that/2020/12/09/59184da0-368c-11eb-b59c-adb7153d10c2\\_story.html](https://www.washingtonpost.com/local/the-mental-health-field-is-overwhelmingly-white-this-group-for-black-baltimore-teens-hopes-to-change-that/2020/12/09/59184da0-368c-11eb-b59c-adb7153d10c2_story.html)
- <https://www.wypr.org/post/healing-youth-alliance-wants-you-know>



Project that trains Baltimore City teens about mental wellness and how to talk to professionals about what it's like to be in young people's shoes. The ultimate goal is a better path to healing for them, and their peers.

### **Family-Focused COVID-19 Mental Health Articles:**

- **How to Talk to your Child or Teen about Coronavirus by the Anxiety and Depression Association of America (ADAA):**  
<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/how-talk-your-anxious-child-or-teen-about>
- **COVID-19 Illustration Book for kids:**  
[https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685\\_0a595408de2e4bfcbf1539dcf6ba4b89.pdf](https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_0a595408de2e4bfcbf1539dcf6ba4b89.pdf)
- **Resources for COVID-19 from the Society of Pediatric Psychology:**  
<https://societyofpediatricpsychology.org/content/resources-covid-19>
- **Caregiving during the COVID-19 Pandemic - Caregiver Help Desk:**  
*Contact Caregiver Action Network's Care Support Team by dialing 855-227-3640 or visit <https://caregiveraction.org/covid-19> for more information. Staffed by caregiving experts, the Help Desk helps you find the right information you need to help you navigate your complex caregiving challenges. Caregiving experts are available 8:00 AM – 7:00 PM ET.*
- **The Partnership for Drug-Free Kids Helpline:**  
*Providing support and information to address substance use and addiction – from prevention to recovery – amid the challenging new circumstances surrounding COVID-19. Call 1-855-378-4373 or visit <https://drugfree.org/covid-19-were-here-for-you/> if you are having difficulty accessing support for your family, or a loved one struggling with addiction faces care or treatment challenges resulting from COVID-19 circumstances. Support is available in English and Spanish, from 9:00am-midnight ET weekdays and noon-5:00pm ET on weekends.*

## **Podcasts/Videos**

### **Breaking Barriers: A Mental Health Discussion Podcast**

**Type of Resource:** Podcast

**Website:** <https://alwayslivelovely.com/breaking-barriers-a-mental-health-discussion-series/>

**Description:** Breaking Barriers was created by Chetina Hunter, licensed mental health therapist, consultant, & creator of Always Live Lovely. This series serves to inspire you to be encouraged to have difficult conversations that can lead to healing w/ your family, friends, & community. Talking about mental health is hard & has a lot of stigma attached to it due to society, culture, etc. Chetina has conversations w/ a special guest each episode who relates personally to the topic. New episodes each month!

### **Equity Matters Podcast**

**Type of Resource:** Podcast

**Website:** <https://linktr.ee/equitymatterspodcast>

**Description:** The Equity Matters Podcast is a collection of voices amplified, sharing in the struggle for social justice and thriving for equity in all sectors.

#### **BIPOC Videos**

- [Easy Anxiety](https://www.youtube.com/watch?v=VGBPrIPkx3w) - A short film about a Black girl's personal journey in mental health, anxiety, and self-love. <https://www.youtube.com/watch?v=VGBPrIPkx3w>
- [Teen Affirmations for Living Your Best Life and Feeling Great](https://www.youtube.com/watch?v=XGNCv0kUQuQ) – A short video produced by SuccessfulBlackParenting.com aimed at uplifting Black adolescents through affirmations and advice. <https://www.youtube.com/watch?v=XGNCv0kUQuQ>
- [The Kids Are Not Alright: The Mental Crises Affecting Latina Teens](https://www.youtube.com/watch?v=5bovfmAZZMc) – A documentary from Vice exploring how Latinx adolescent girls have disproportionately high rates of mental health struggles and suicide attempts. <https://www.youtube.com/watch?v=5bovfmAZZMc>