

UNITÉ

~mental health for the youth by the youth~

Latinx Community Mental Health Resources

Hotlines

- HOLA to 741741
- call 988 and press 2 for a spanish speaking crisis counselor

Low Cost/Free Resources :

- Therapy for Latinx (therapyforlatinx.com)
- Latinx Therapy (latinxtherapy.com)
- NAMI's Compartiendo Esperanza (nami.org)

Podcasts:

- Latinx Therapy (apple podcasts, spotify)
- The Latinx Mental Health Podcast (apple podcasts)
- Cafe Con Emocion (spotify)
- Latina to Latina (spotify)

you are never alone!