

# UNITÉ

~mental health for the youth by the youth~

## Minority Mental Health Resources

- **Crisis Text Line: Text "HOLA" to 741741**  
(directs you to a Spanish speaking crisis counselor)
- **Trans Lifeline 1-877-565-8860**
- **call blackline (BIPOC): 1 (800) 604-5841**
- **South Asian Mental Health Initiative & Network Helpline:**  
**732-902-2561**
- **The Steve Fund Crisis Text Line for BIPOC youth: Text**  
**"STEVE" to 741741**
- **Naseeha Muslim mental health helpline: 1-866-627-3342**
- **call 988 and press 2 for a spanish speaking crisis counselor**
- **call 988 and press 4 for a Native American crisis counselor**
- **Amala Muslim Youth Hopeline: 855-95-AMALA**

**you are never alone!**