

Introduction

This list aims to support the mental health and well-being of Latino and immigrant communities, focusing on caring for your mental health, coping with trauma and supporting children's well-being. It serves as a starting point for providers assisting those facing challenges related to migration, discrimination and systemic barriers. Individuals should seek guidance from qualified mental health professionals or trusted organizations for personalized assistance.

If Affiliates need additional resources or wish to contribute to this list, please contact **Elizabeth Carrillo** at ecarrillo@unidosus.org.

General Resources on Caring for Your Mental Health and Coping with Trauma

Websites and Hotlines:

- [**National Alliance on Mental Health \(NAMI\)**](#): The nation's largest grassroots mental health organization focused on improving the lives for those affected by mental illness.
 - Hotline: 1-800-950-6264 (Monday–Friday, 10 a.m.–10 p.m. ET)
 - Support Chat/Text line: Text “helpline” to 62640
- [**988 Lifeline**](#): Offers free, confidential support 24/7 for suicidal crisis or emotional distress.
 - Call, text or chat 988 for immediate assistance. Also available in Spanish.
- [**Latinx Therapy**](#): Find culturally-affirming mental health therapy services for the Latinx community.

Guides and Materials:

- [**Caring for Your Mental Health**](#): Mental health resources and self-care tips. Also available in [Spanish](#).
- [**Navigating a Mental Health Crisis**](#): A guide with information on causes, warning signs, de-escalation tips and resources for those in crisis.
 - Guide in [English](#) | [Spanish](#)
- **NAMI infographics**: Printable guides for community boards or resource tables.
 - [Warning Signs of a Mental Health Crisis](#) | [Signos de alerta de una crisis de salud mental](#)
 - [Warning Signs of Suicide](#) | [Signos de alerta del suicidio](#)
 - [Preparing for a Crisis](#) | Preparación para un caso de [crisis](#)
- [**Resiliency Toolkit: A Comprehensive Guide for Health Centers & Their Staff**](#): A toolkit for health care organizations to address burnout, trauma and workforce well-being, through a trauma-informed lens, with strategies to build resilience and improve workplace conditions.

Resources for Supporting Mental Health and Addressing Trauma with Children

Webpages

- [**Child Mind Institute: Resource Finder**](#): Helps parents and caregivers find tailored resources for behavioral and mental health symptoms. Also available in [Spanish](#).
- [**Child Mind Institute: Tweens, Teens and Young Adults**](#): Resources for parents to navigate important discussions on mental health, school, relationships and more. Also available in [Spanish](#).
- [**Sesame Workshop: Coping with Racial Trauma**](#): Helps children cope with race-related experiences.

- [**Sesame Workshop: Emergencies:**](#) Articles, videos and toolkits in English and Spanish to support and comfort children during emergencies or difficult situations.

Articles and Guides

- [**How Trauma Affects Kids in School:**](#) Learn to identify signs of trauma and ways to support children.
 - Available in [Spanish](#)
- [**How to Avoid Passing Anxiety on to Your Kids:**](#) Tips for parents to manage stress and support their children's well-being.
 - Available in [Spanish](#)
- [**Preventing Parent Burnout:**](#) Managing the emotional challenges of caring for children with mental health issues.
 - Available in [Spanish](#)
- [**Racial Trauma and Responding to Racism:**](#) Understanding historical trauma and responding to racism.
 - Available in [Spanish](#)
- [**A Guide for Families Affected by Crisis and Displacement:**](#) A guide for families and caregivers of children 3–8 years old affected by crisis.
 - Guide in [English](#) | [Spanish](#)

Videos:

- ***Spanish Is My Superpower:*** Talking points for parents on handling racial confrontations.
 - Video in [English](#) | [Spanish](#)
- ***Slow Down and Settle Down:*** Self-care tips for parents and children on managing stress and anxiety.
 - Video in [English](#) | [Spanish](#)
- ***How to Manage Big Feelings:*** Talking points for parents and children on recognizing emotions.
 - Video in [English](#) | [Spanish](#)