



Minority Mental Health Resources

You are not alone — reach out. Support is here for every community.

In crisis? Call or text 988

988 Suicide & Crisis Lifeline · 988lifeline.org

- **Advocate Health Care Behavioral Health Services** advocatehealth.com/health-services/behavioral-health-care
- **Aurora Health Care Behavioral Health Services** aurorahealthcare.org/services/behavioral-health-addiction
- **NAMI – National Alliance on Mental Illness** nami.org
- **Mental Health First Aid** mentalhealthfirstaid.org
- **The Steve Fund** stevefund.org
- **Illinois Warm Line (Peer Support)** *Call 866-359-7953*
- **Wisconsin Mental Health Resources** dhs.wisconsin.gov/mh/hccindex.htm
- **Your Language Matters: Tips for Talking About Mental Health (NAMI)** *nami.org guide*
- **Black Mental Health Alliance** blackmentalhealth.com
- **Therapy for Black Girls** therapyforblackgirls.com
- **Therapy for Black Men** therapyforblackmen.org
- **Asian Mental Health Collective** asianmhc.org
- **Latinx Therapy** latinxtherapy.com
- **National Queer & Trans Therapists of Color Network** nqttcn.com
- **SAMHSA Treatment Services Locator** findtreatment.gov