

# MENTAL HEALTH RESOURCES

## VIRGINIA

**Virginia 988 Suicide & Crisis Lifeline** offers immediate, confidential support in over 240 languages—just call or text 988 for help at any time.

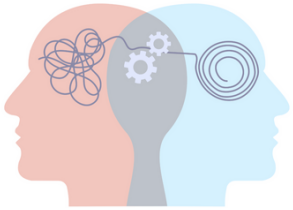
**The Mental Health Virginia Warm Line** is a peer-run support service available to residents of Virginia, offering confidential assistance and a listening ear for those seeking mental health support. Spanish-speaking services are provided specifically on Friday and Saturday evenings from 5 to 9 PM, ensuring accessibility for the Spanish-speaking community. Individuals can reach out by phone at 866-400-6428 during these hours for Spanish support. Additionally, text and chat services are available from Wednesday to Saturday, also between 5 and 9 PM, expanding options for those who prefer written communication.

**NAMI Virginia** offers free mental health support, education, and advocacy for individuals and families across the state, with multilingual resources such as Spanish-language materials and bilingual programs like NAMI Compartiendo Esperanza for Latino communities, ensuring accessible and culturally inclusive services for diverse populations. For more information or to access resources, call their helpline at 1-888-486-8264, or email info@namivirginia.org.

**Global Refuge** provides trauma-informed, multilingual mental health services for refugees and immigrants in Baltimore, Maryland, and **Northern Virginia.** Services include individual therapy, support groups, and case management to address a wide range of needs, from PTSD to housing and employment support.

**The Virginia Mental Health Access Program (VMAP)** is a statewide initiative that increases access and improves mental, behavioral, and emotional health and development by providing education, consultation, and care navigation to medical providers of infants, children, adolescents, young adults, and pregnant & postpartum people. VMAP is a state and federally-funded program available to Virginia providers at no cost. While the core VMAP services—such as provider consultation and care navigation—are primarily delivered in English, the program does offer several key resources and screening tools in multiple languages. The program is actively working to expand its language offerings to better serve Virginia's diverse population. **VMAP guide.**

**Virginia Prevention Works!** Offers programs and campaigns targeting immigrant, refugee, and asylee communities, including language-accessible services and youth/family events.



# MENTAL HEALTH RESOURCES

## NATIONAL

Mental Health America's BIPOC Mental Health Toolkit is available in English and Spanish, providing culturally relevant self-care tools, mental health screening, community-building resources, and advocacy guides.
Additionally, MHA offers resources to further support your efforts in improving mental wellness in diverse communities, such as the Mental Health Resources List for minorities and a free mental health assessment.

National Network for Immigrant and Refugee Rights (NNIRR) offer free educational materials, support groups, and helplines in multiple languages.

7Cups.com is a free online mental health resource that offers confidential chat support for minorities and diverse communities. The platform is accessible in many languages, making it easier for users to find support in their preferred language.

The Asian Mental Health Collective (AMHC) is a nonprofit organization dedicated to making mental health resources accessible, approachable, and culturally relevant for Asian communities worldwide. Its mission is to foster healing, resilience, and connection through culturally informed clinical services, virtual peer support spaces, and support for Asian mental health providers.

USAHello provides accessible, culturally sensitive mental health information and resources specifically for immigrants and refugees in the United States. The platform addresses the unique challenges newcomers face, such as culture shock, loneliness, trauma, and adjusting to a new environment.

Immigrants Rising offers a comprehensive toolkit and resource directory for undocumented and immigrant communities, including culturally appropriate mental health services and support for coping with immigration-related stress. Their resources are available in multiple languages and are accessible nationwide.

Center for Adjustment Resilience and Recovery (CARRE) offers training and resources to help service providers support the mental health of refugee and immigrant children, youth, and families affected by trauma and displacement.

Other mental Health Resources for Immigrants