

## RESOURCES

### Finding Mental Health Services

APA Psychologist Locator

<https://locator.apa.org/>

Boris Lawrence Henson Foundation (directory of mental health providers and programs that serve the Black community)

<https://borishensonfoundation.org/resource-guide/>

Eldercare Locator

<https://eldercare.acl.gov/Public/Resources/LearnMoreAbout/Health.aspx#MentalHealth>

