MULTICULTURAL MENTAL HEALTH RESOURCES

Virginia Statewide Organizations and Programs

Duelo Latino provides FREE grief counseling, support & education in SPANISH for adults 18+ throughout *Virginia IN-PERSON & VIRTUAL formats available. Services are 100% confidential & provided by qualified Latina clinicians who are native Spanish-speakers. Registration recommended.* **Provide support for General & Specific Losses including:** Homicide, Perinatal/Child, Spouse, Parent, Sibling, Cancer/Illness, Migration, Deportation, as well as Cultural Losses & Stressors. **We also provide Pastoral Counseling by request.**

Offers Grief Mental Health Support Group in person and Virtual (FREE sessions in Spanish) last Wednesday of the month. For information, registration and referrals contact: Igmara Sánchez Prunier or Yozaira León-Santiago at duelolatino@gmail.com or Call 804-424-1996 – Se habla español.

Maternal Mental Health – It Takes a Village mental health counseling for pregnant and postpartum mothers statewide. In partnership with local providers, ITAV provides telehealth and in-person sessions in English and Spanish, with insurance accepted and sliding-scale fees for those without coverage. The program ensures help is accessible for any mother experiencing emotional challenges during or after pregnancy, regardless of location or income.

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 **Monday to Friday from 1 to 5 PM**, ensuring accessibility for the Spanish-speaking community. Individuals can reach out by phone at **866-400-6428** during these hours for Spanish support.

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.

Local Programs and services

Blue Ridge Free Clinic in Harrisonburg Mental Health services provides comprehensive mental health services for members of the community who need access to high quality, affordable mental health care. Their friendly and experienced staff will get you to the services you need. This program covers residents of the following counties: Harrisonburg City County, VA and Rockingham County, VA. Anyone can access this program. Only English. Call 540-705-0337 to schedule an appointment.

The Women's Initiative located in Charlotteville provides counseling services to uninsured or underinsured women. They have several Spanish-speaking staff members and a Spanish services through their Bienestar program. It can take clients virtually located in Harrisonburg but depends on the case and availability. Offers monthly groups to meet the healing needs of Latina women and the Latine community. Groups are conducted in Spanish by bilingual facilitators, free, and offered in person and virtually. To register, contact 434.328.1800 or bienestar@thewomensinitiative.org – Se habla español.

Community Counseling Center provide quality mental health services for individuals, couples, and families of Harrisonburg and Rockingham County, regardless of socioeconomic status. Provides professional counseling for individuals, families, and children, as well as educational and group services. Services available (Spanish):

Anger Management and Domestic Violence Intervention Groups

Brendaly Santiago, is a warm and dedicated bilingual (English/Spanish) Licensed Clinical Social Worker with a rich background in community mental health. She specializes in individual, family, parenting, and group therapy, using motivational interviewing, cognitive behavioral therapy, strength-based approaches, and other evidence-based practices.

Harrisonburg Public Schools Mental Health Counselors the mental health team connects students with school based and community services that are appropriate to the specific needs of the family and/or student. The mental health counselors work diligently along with all school staff to support the resiliency skills and increase the protective factors that students need to be successful in school and beyond.

National Organizations

National Alliance on Mental Illness (NAMI): Offers free peer-led support groups, such as the NAMI Connection Recovery Support Group, which provides a platform to share challenges and successes in a supportive environment.

Mental Health America (MHA): Provides resources for immigrant populations, including education on mental health conditions and access to culturally sensitive care. 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.

Other mental Health Resources for Immigrants

Free Low Cost Therapy Services

Inclusive Therapists: Connects individuals with culturally competent therapists who understand the unique struggles of marginalized communities.

Federally Qualified Health Centers (FQHCs): These government-funded clinics provide affordable mental health care regardless of insurance status.

Nonprofit organizations like the **Institute for Family Health** offer free or low-cost therapy services.

Culturally specific resources

Latinx Therapy: Focuses on connecting Latinx individuals with bilingual and culturally aware therapists.

South Asian Mental Health Initiative & Network: Offers counseling services tailored to South Asian communities in the US.

Asian Mental Health Collective: Provides resources and support for addressing mental health challenges specific to Asian immigrant communities.

USAHello: Has a webpage in several languages that provides information on mental illness, mental health treatment, and mental health resources for immigrants in the U.S.

USCRI Resource Center Mental Health toolkit, videos, handouts available in different languages.

Online therapy platforms

BetterHelp: Offers online therapy with multilingual options, allowing undocumented immigrants to connect with licensed counselors via video chat, phone, or text. This is particularly useful for those facing transportation or privacy concerns.

Psychology Today Therapist Finder: A directory where individuals can search for therapists specializing in immigrant mental health support.

Crisis Support

988 Suicide & Crisis Lifeline: Available 24/7 for free and confidential help in English or Spanish. Callers can request assistance in other languages through Tele-Interpreter services.

Seneca's Todo Por Mi Familia Hotline: Provides free mental health support for migrant families separated at the border (844-529-3327).

Boys Town Jóvenes en Crisis hotline: 1-800-448-3000 or text 20121