

Mental Health Resources for Undocumented People



Taking care of your mental health is crucial for overall well-being and quality of life. Mental health encompasses our emotional, psychological, and social well-being, influencing how we think, feel, and act. It also affects how we relate to others, make decisions, and handle stress. Whether you are experiencing stress, anxiety, depression, or other mental health challenges, reaching out for support can make a significant difference. Although you may not qualify for services through the Mental Health Connector, many other resources are available to help you navigate your mental health journey.

Immediate Help

National Hotlines and Crisis Support

- National Suicide Prevention Lifeline: Call or Text 988. Also available in Spanish.
- National Alliance on Mental Health: Call 1-800-950-6264 or Text NAMI to 741741
- Crisis Text Line: Text HOME to 741741
- LGBT National Hotline: 1-888-843-4564
- The Trevor Lifeline: 1-800-565-8860. Also available in Spanish.
- Trans Lifeline: 1-888-843-4564
- BIPOC Blackline: Call or Text 1-800-604-5841
- National DV Hotline: Call 1-800-799-7233 or Text LOVEIS to 22522
- National Sexual Assault Hotline: 1-800-656-4673
- National Child Abuse Hotline: Call or Text 1-800-422-4453
- The Eldercare Locator: 1-800-677-1116

National Mental Health Therapist Directories

BIPOC (Black, Indigenous, People of Color)

- [UndocuHealth National Mental Health Directory](#)
- [Inclusive Therapists](#)
- [Latinx Therapy](#)
- [Therapy For Black Girls](#)
- [Therapy For Latinx](#)
- [Therapy For Black Men](#)
- [Asian Mental Health Collective](#)
- [South Asian Therapists](#)

LGBTQ

- [NQTTCN](#)
- [We Glimmer](#)
- [LGBTQ+ Healthcare](#)

Low Cost

- [Open Path Collective](#)
- [The Place Within](#)
- [You Are Rad](#)

National Free Wellness Support Groups

Immigrants Rising Wellness Support Groups

These 6-week [Wellness Support Groups](#) led by trained mental health providers or registered clinicians, are designed to help undocumented people feel less alone and more understood. Because these are held virtually, all undocumented individuals in the U.S. are welcome to join.

Parents Anonymous

[Parents Anonymous](#) is a non-profit organization dedicated to preventing child abuse through mutual support groups for parents and specialized programs for children. They offer free support groups for parents.

Postpartum Support International

[PSI](#) offers over 50 online support groups in English and Spanish for different topics related to prenatal, perinatal, and postpartum issues for everyone involved in these experiences.

Grief Support Groups

[GriefShare](#) is an organization where you can find local and online international support groups for people needing support during their grief journey. The cost to join these groups ranges from free to around \$20.

National Mental Health Resources

- [Immigrants Rising Undocu-Immigrant Mental Health Toolkit](#)
- [United We Dream UndocuHealth Toolkit](#)
- [Coping with DACA and Immigration-Related Stress](#)
- [American Academy of Pediatrics Immigrant Child Health Toolkit](#)
- [Together for Wellness Digital Toolkit](#)
- [Our House Grief Support Resources for Every Griever](#)

California Mental Health Resources

California Victims of Crime Program

If you were a victim of a crime in California, your mental health services may be covered by Cal-VCP. These are some organizations that can help:

- [Miracles Counseling Center](#)
- [Centro De Bienestar Familiar](#)
- [Lumina Alliance](#)
- [Community Solutions](#)

So-Cal Immigrants

The [Immigrant Justice California Health Resource Guide](#), from the UCLA Dream Resource Center (DRC) and UCLA Labor Center, connects immigrant and refugee communities—including uninsured and/or undocumented community members—to critical services that are affordable and accessible in the State of California. The resource guide lists low-cost, culturally appropriate health care, domestic violence, and mental health services in the Central Valley, Inland Empire, Orange County, and San Diego regions of Southern California.

Free Mental Health Services

- [The Center for Empowering Refugees and Immigrants](#)
- [USC Suzanne Dworak-Peck School of Social Work](#)
- [Palo Alto University E-clinic](#)

This resource was created by Mayra Barragan O-Brien. For inquiries and suggestions regarding this resource, please contact Mayra Barragan O-Brien, Mental Health Senior Manager at mbarraganobrien@immigrantsrising.org.

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