

## Locating Mental Health Support Resources

This list contains a collection of national mental health provider directories in hopes of supporting access to a diverse range of resources. Each of the directories listed below is a starting place and may not reflect all of the resources available in a given community. We also recommend reaching out to state mental health departments, coalitions, professional associations, federally qualified health centers, Tribal territories and organizations, or student wellness programs which may be integrated in local schools, colleges, and universities.

### **National Directories of Mental Health Providers**

#### *Culturally-Specific Directories:*

- [Inclusive Therapists](#)
- [Ayana Therapy](#)
  - “Mental healthcare for marginalized and intersectional communities”
- [Melanin and Mental Health](#)
- [The Boris Lawrence Henson Foundation](#)
  - Mental health providers and programs for African-American communities
- [Therapy for Black Girls](#)
- [Therapy for Black Men](#)
- [Black Emotional and Mental Health Collective](#)
- [Therapy for Latinx](#)
- [Indian Health Service](#)
  - Interactive map to identify behavioral health facilities in Indian Country (urban and rural)
- [Asian Mental Health Collective](#)
- [National Asian American Pacific Islander Mental Health Association](#)
- [South Asian Mental Health Initiative and Network](#)
- [National Queer & Trans Therapists of Color Network](#)
- [MUHSEN](#)
  - Mental health provider directory for Muslim communities
- [The International Network of Orthodox Mental Health Professionals](#)
  - Mental health provider directory for Orthodox Jewish communities
- [Christian Counselor Directory](#)

#### *Government-Hosted Directories:*

- [Find a Health Center](#)
  - An online directory of all health centers funded by the Health Resources and Services Administration that is searchable by location. Listed programs provide behavioral health services and are required to have a process in place for after-hours emergency services.
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)
- [U.S. Department of Veterans Affairs](#)
- [Youth.gov](#) – “Map My Community” can locate federally-funded programs for mental health

### *Professional Associations' Directories:*

- [American Association for Marriage and Family Therapy](#)
- [American Psychiatric Association](#)
- [American Psychological Association](#)
- [Anxiety and Depression Association of America](#)
- [National Association of Social Workers](#)
- [National Council for Mental Wellbeing](#)
- [National Register of Health Services Psychologists](#)

### **Peer Support Resources**

- [National Alliance on Mental Illness](#)
- [Anxiety and Depression Association of America](#)
- [Empowerwork](#)
  - Support for people experiencing stress related to work, with a focus on supporting people who experience inequity in the workplace
- [Mental Health America](#)
- [Supportiv](#)
- [Interfaith Network on Mental Illness](#)

### **Mental Health Crisis Hotlines and Support Warmlines**

- [National Suicide Prevention Lifeline](#)
- [SAMHSA's National Helpline](#)
- [National Alliance on Mental Illness \(NAMI\) Helpline](#)
- [Crisis Text Line](#)
- [Teen Line](#)
- [Boys Town Suicide and Crisis Line](#)
  - Children and families
- [Veterans Crisis Line](#)
- [Women Veterans Call Center](#)
- [The Trevor Project](#)
  - LGBTQ+ youth
- [Trans Lifeline](#)
- [Naseeha](#)
  - Muslim youth
- [On Our Sleeves](#)
  - State-by-state directory of hotlines and warmlines focused on supporting children's mental health