



## Health and Mental Health Resources

**National Hispanic Medical Association**

<https://www.nhmamd.org/>

**Hispanic Family Counseling**

<http://www.hispafam.com/>

**Mental Health America**

<http://www.mentalhealthamerica.net/issues/latinohispanic-communities-and-mental-health>

**National Alliance on Mental Illness (Latino Mental Health)**

<https://www.nami.org/find-support/diverse-communities/latino-mental-health>

**Latino Health Resource Guide**

<https://www.medicareadvantage.com/latino-health-resource-guide>

**National Alliance for Hispanic Health**

<https://www.healthyamericas.org/>

**National Institute of Mental Health- Spanish**

<https://www.nimh.nih.gov/health/publications/espanol/spanish-listing.shtml>

**Suicide Prevention Materials in Spanish**

<http://www.gspin.org/SuicidePreventionMaterialsinSpanish>

**Suicide Prevention Lifeline in Spanish**

<https://suicidepreventionlifeline.org/help-yourself/en-espanol/>