

Mental Health Resources for Latinx Students

In addition to the services provided through ASU Counseling Services, we also recommend the following:

Coping and Self-Care Resources

[DIY Wellness](#)

[Latinx Book Recommendations](#)

[Latinx Therapy Podcast](#)

[Mental Health Apps, YouTube and Podcasts](#)

[The Focus on You, Self Care and Mental Health Articles](#)

[Between Sessions Podcast](#)

Referral and Educational Resources

[ASU Counseling Services \(for students\)](#)

[ASU Employee Assistance Program \(for ASU employees\)](#)

[ASU El Concilio](#)

[Therapy for Latinx](#)

[National Alliance for Hispanic Health](#)

[NAMI Latinx/Hispanic](#)

[Latino Mental Health](#)

[SanaMente](#)

Text and Phone Supports

[ASU Counseling Services Open Call and Open Chat](#)

ASU's Dedicated Crisis Line
480-921-1006

National Suicide Prevention Lifeline
1-800-273-8255

Trevor Project Lifeline
1-866-488-7386 or text START to 678-678