

Hispanic + Latine Mental Health Resources

Apoyo en español, atención con raíces culturales y referencias del barrio que reducen barreras y fortalecen el bienestar comunitario.

Spanish-language support, culturally rooted care, and neighborhood referrals that lower barriers and strengthen community well-being.

Local NYC Community Orgs

Acacia Network

<https://acacianetwork.org>

One of NY's largest Latino-led providers, offering outpatient mental health, substance use, detox/rehab, and residential programs, with affiliates like ACDP and PROMESA.

Coalition for Hispanic Family Services (CHFS)

<https://www.hispanicfamilyservicesny.org>

Latino-led agency in Brooklyn and Queens offering outpatient and residential mental health, foster care, and youth programs.

Community Association of Progressive Dominicans (ACDP)

<https://www.acdp.org/clinic.html>

OMH-licensed outpatient clinic in Washington Heights providing screening, individual/family/group therapy, psychiatric evaluations, and medication management for children through older adults.

Comunilife

<https://comunilife.org>

The leading nonprofit health and human services agency serving NYC's Hispanic community since 1989.

Dominican Women's Development Center

<https://www.dwdc.org/health-promotion-program/>

Washington Heights-based Latina-led org offering low-/no-cost therapy referrals and dedicated support for Latinas surviving intimate partner violence (Nuevo Amanecer).

Metropolitan Center – Hispanic Family Service

<https://www.metropolitancenter.com/>

Spanish-language mental health treatment and substance use support for Hispanic families.

Mixteca Organization

<https://www.mixteca.org/en/mental-health-services>

Free Spanish-language individual & group counseling, psychoeducation workshops, and culturally rooted healing for Mexican/Latine immigrant communities in Brooklyn.

Northern Manhattan Improvement Corporation (NMIC)

<https://www.nmic.org/en/mentalhealth/>

Spanish-language mental health and substance use care, with free screenings, counseling, and referrals in Northern Manhattan and the Bronx.



The Puerto Rican Family Institute

<https://www.prfiorg.com/counseling-mentalhealth-services>

NYC outpatient mental health clinics supporting adults, teens, and children as young as five. Telehealth available. Accepts most insurance

Union Settlement

<https://www.unionsettlement.org/mental-health/>

East Harlem settlement house providing bilingual counseling for children, teens, adults, and seniors.

Voces Latinas

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

Queens nonprofit serving immigrant Latinas with Spanish-language counseling, support groups, HIV prevention, and survivor services rooted in cultural empowerment.

Peer and Support Groups

NAMI NY Spanglish Support Group

<https://naminycmetro.org/programs/spanglish-2/>

For Hispanic/Latina/Latine/Latino adults living with mental health challenges. Connect around language barriers, undocumented status, and intergenerational trauma. Meets 2nd & 4th Thursdays, 6–7:30pm ET.

NAMI Compartiendo Esperanza

<https://www.nami.org/support-education/mental-health-education/nami-compartiendo-esperanza-mental-wellness-in-hispanic-latin-american-community/>

A bilingual (English/Spanish) three-part video and discussion series using storytelling to support Hispanic/Latinx youth, families, and community leaders.

Youth and Family Focused

Life is Precious™ (LIP) Latina Girls Club & Suicide Prevention Program

<https://www.comunilifelip.org>

Individual and group counseling, arts therapy, academic support, and nutritional and fitness activities. Psychiatric services are provided by partnering clinics.

National and Online Resources

988 Suicide and Crisis Hotline

<https://988lifeline.org/es/inicio/>

<https://nyc988.cityofnewyork.us/es/>

Find tips and further resources to support yourself and other members of the Hispanic/Latino community. If you are in need of support, you can text, call, or chat with the 988 Lifeline 24/7.

Hispanic Federation's Recommended Mental Health Resources

<https://www.hispanicfederation.org/our-work/health/mental-health-resources/>

Hispanic Federation offers curated tools to reduce stigma and expand access to mental healthcare. Explore resources designed to support and prioritize your mental health.

Therapy for Latinx

<https://www.therapyforlatinx.com>

Online Spanish and English directory helping Latinx communities find mental health professionals. Serves both providers and clients, and offers free screenings with Mental Health America.