

Mental Health Resources for Native & Indigenous Peoples

Crisis Support

[NAMI National Warmline Directory](#)

A comprehensive directory of peer-run helplines by state.

[National Suicide & Crisis Lifeline](#)

Call or text 988; Veterans: 988 then press 1

A free, 24/7 support for people in suicidal crisis or emotional distress. The line is confidential, unless it is essential to contact emergency services to keep you or your loved one safe.

[Racial Equity Support Line](#)

Call 503-575-3764

Monday-Friday 12:00PM-9:00PM CST

A support line for those experiencing the emotional impacts of racism. The line is answered by those with lived experience of racism and its effects.

[StrongHearts Native Helpline](#)

Call 1-844-762-8483

Chat online [here](#)

A free, 24/7 confidential domestic, dating, and sexual violence helpline offering culturally-appropriate support for Native Americans and Alaska Natives.

[The Network/La Red](#)

Call 617-742-4911

A free, 24/7 support, safety planning, and crisis intervention hotline for LGBTQ+, BDSM/kink, and polyamorous individuals experiencing abuse or domestic violence.

[The Trevor Project](#)

Call 1-866-488-7386

Text "START" to 678-678

Chat online [here](#)

A free, confidential, 24/7 crisis support for LGBTQIA2S+ people in suicidal or emotional crisis. In very specific instances of abuse or an imminent suicide, emergency services may be contacted.



Crisis Support cont.

[Trans Lifeline](#)

Call 877-565-8860

Oprime 2 para español

A free, confidential, peer support phone service run by trans people for trans and questioning individuals experiencing crisis.

Mental Health Resources

[Live Another Day's Comprehensive List of Resources for Indigenous Mental Health](#)

A comprehensive list of resources specifically for Native and Indigenous mental health, including specific sections for crisis, general mental health, substance abuse, youth, LGBTQ+, and domestic violence.

Therapist Locator

[Clinicians of Color](#)

An interactive directory that helps you locate a therapist of color near you. You can filter by area of focus, clinician race, ethnicity, age and more. There is also a blog that shares mental health tips specifically for black, indigenous, and people of color.

[Inclusive Therapists](#)

An interactive directory that helps connect individuals with a therapist that meets their unique needs. The site allows you to filter practitioners by cultural and spiritual knowledge, language, therapist identity, location, cost, and more. There is also an option to get "matched" and have the therapist reach out to you.

[National Queer and Trans Therapists of Color Network](#)

An interactive directory that helps queer and trans black, indigenous, and people of color (QTBIPOC) locate QTBIPOC mental health providers in their area. The site also includes additional community and practitioner resources along with an application-based mental health fund.

Mental Health Facts & Statistics

[National Alliance on Mental Illness \(NAMI\)](#)

An overview on how the identity and cultural dimensions of indigeneity influence mental health, such as important factors, barriers to mental health care, and seeking culturally competent care.

[Mental Health America](#)

General information on Native and Indigenous communities and mental health. They provide information on demographics/societal issues, cultural factors, prevalence data, treatment issues, and more.

Awareness, Education, & History

[Drs. Fosters-Modern Warrior | Decolonizing Mental Health](#)

This video is a part of a series that "examines the obstacles that systemic inequality imparts on the mental health industry, preventing BIPOC and other marginalized communities from receiving appropriate treatment." The rest of the collection can be found here.

[How to Address Native American Issues as a Non-Native: A Resource for Allies](#)

This free guide developed by Native Hope educates non-native allies on a variety of topics, including harmful misconceptions about Native Americans, action items, and a vision for the future.

[Native Hope](#)

Native Hope addresses the injustices done to Native Americans through sharing history, untold stories, and educational resources, such as blogs, podcasts, and e-books.

[Native Land Digital](#)

Native land is an app that helps map Indigenous territories, treaties, and languages. The user can input an address and see which native land it is on. This site also provides resources for territory acknowledgement, guides for educators, and more.

[Racial Equity Tools](#)

This site includes research, tools, curricula, resources, and more for those looking to gain knowledge and work to improve racial justice.

Resources for Mental Health Practitioners & Clinicians

[National American Indian and Alaska Native MHTTC](#)

"The National American Indian and Alaska Native MHTTC works with organizations and treatment practitioners involved in the delivery of mental health services to American Indian and Alaska Native individuals, families, and tribal and urban Indian communities to strengthen their capacity to deliver effective evidence-based and experience-based practices. This includes the full continuum of services spanning mental illness, prevention, treatment, and recovery support."

[National Native Children's Trauma Center](#)

A SAMHSA-funded program that develops training, technical assistance, program development, and resources on trauma-informed care to tribal communities.

[One Sky Center: The American Indian/Alaska Native National Resource Center for Health, Education, & Research](#)

"One Sky Center is a National Resource Center for American Indian and Alaska Native Health, Education and Research. It is dedicated to quality health care across Indian Country."

[Transforming Tribal Communities: Indigenous Perspectives on Suicide Prevention](#)

"Culturally relevant suicide prevention strategies that are endorsed by community members can lead to long-lasting change. The following six-to-eight-minute webinar clips, adapted from SPRC's Tribal Community of Learning Series, feature expert advice on addressing the root causes of mental health issues and suicide in American Indian and Alaska Native (AI/AN) communities by drawing on community strengths."