

# MENTAL HEALTH RESOURCES



In honor of minority mental health month here are some of our nonprofit partners HOW refers our clients to.

## MENTAL HEALTH CENTERS IN CHICAGO:

**Howard Brown Health** - LGBTQ+ organization that offers counseling, therapy, and support groups in Spanish and English.

**Broadway Youth Center** - A Howard Brown Health Center that offers mental health services to LGBTQ+ youth (ages 12-24).

**Center on Halsted** - Offers mental health services in English and Spanish to Chicago's LGBTQ+ community.

**Trilogy Behavioral Healthcare** - Consists of many mental health service programs, including their Latino Services Program.  
**Healthcare Alternative Systems** - Offers many mental health services in Spanish and English.

**AMITA Health** - Offers a wide variety of mental health services across the Greater Chicago Area.

**Lawndale Christian Health Center** - Offers mental health services that are integrated into primary care, as well as groups in Spanish and English.

**Connections for the Homeless** - Offers wellness services at their Drop-In Center.

**Chicago Women's AIDS Project (CWAP)** - Offers support groups, workshops, and trainings for cisgender and transgender women living with HIV.

## MENTAL HEALTH CENTERS IN CHICAGO CONTINUED :

**Austin Congressional Black Caucus (CBC) HIV Initiative Clinic** - A Chicago Westside clinic that offers mental health services to individuals impacted by HIV/AIDS.

**Brothers Health Collective** - Mental health services available to HIV and PrEP prescribed clients and men of color who have sex with men.

**Sista Afya** - This organization's mission is to "sustain the mental wellness of Black women through building community, sharing information, and connecting Black women to quality mental wellness services."

**ACCESS** - A network of clinics offering mental health services throughout Chicago.

**Community Counseling Centers of Chicago (C4)** - This organization's four locations offer mental health services, including a custom mental health plan for each individual.

**Heartland Health Centers** - Mental health services are offered at all Heartland Health Centers locations.

**Test Positive Aware Network (TPAN)** - "Behavioral Health services at TPAN are affirming and strengths-based, designed for HIV-positive individuals and those vulnerable for HIV, 18 years of age and older, who are looking for compassionate support in dealing with a range of mental health and emotional issues. All services are provided at no cost."

**National Alliance on Mental Illness** - Offers virtual support groups in English and Spanish, and a free & confidential hotline

**Thresholds** - Thresholds provides services and resources for persons with serious mental illnesses and substance use disorders in Illinois. We work with many populations, including youth and young adults, veterans, young mothers, deaf, and individuals experiencing homelessness, among others.

If you or someone you know is in need of mental health assistance please reach out to any of these partners.

