

RESOURCES FOR LATINX STUDENTS

RAMAPO OFFICES

Center for Health and Counseling Services, D-216 ramapo.edu/chcs/ : Mental health counseling, health services, health promotion, substance use disorders programming, ENHANCE Program, health resources

Office of Equity, Diversity, Inclusion and Compliance (EDIC), D-104 ramapo.edu/affirmation/

* To report bias-related incidents ramapo.edu/affirmation/bias-related-complaint/

First-Generation Student Center, D-212C ramapo.edu/first-gen/ : Information on events, scholarships and fellowships, professional mentor programs, Tri- Alpha (First-Generation Honor Society), etc.

Association of Latinos Moving Ahead (ALMA) archway.ramapo.edu/alma/home/ : The Association of Latinos Moving Ahead is an academic and social Latino organization promoting personal growth among other organizations including cultural, educational, social groups at and outside Ramapo College

Organization of Latino Unity (OLU) ramapo.edu/clubs/organization/organization-of-latino-unity-olu/ : OLU unites students of diverse Latino heritages

SOCIAL MEDIA

@therapyforlatinx

@nopalkweenz

@nalgona positivitypride

@latinxtherapy

@cafeconpam

@thestevefund

PODCASTS

Latinx Therapy latinxtherapy.com/podcast/

Nopal Kweenz tinyurl.com/NopalkweenzPodcast

Café con Pam tinyurl.com/CafeConPam

Therapy Talks con Las Primas podcasters.spotify.com/pod/show/therapytalks

La Cura lacura.podbean.com/

MENTAL HEALTH RESOURCES

Ramapo Counseling Center ramapo.edu/counseling/ : Resources for mental health support

Suicide and Crisis Lifeline 988lifeline.org/ : Support for people in suicidal crisis or emotional distress

JED foundation <https://jedfoundation.org> : Empowers teens and young adults by building resiliency and life skills, promoting social connectedness, and encouraging help-seeking and help-giving behaviors

UWill ramapo.edu/counseling/uwill : Free access to telehealth services for all Ramapo students



CULTURALLY-FOCUSED MENTAL HEALTH RESOURCES

The Steve Fund stevefund.org/ : The Steve Fund is the nation's leading organization focused on supporting the mental health and emotional well-being of young people of color

National Alliance on Mental Illness (NAMI) tinyurl.com/NAMILatinX : NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

National Alliance for Hispanic Health healthyamericas.org/ : The National Alliance for Hispanic Health is the premier science-based and community-driven organization that focuses on the best health for all

National Latino Behavioral Health Association (NLBHA) <https://www.nlbha.org/> : NLBHA was established to fill a need for a unified national voice for Latino populations in the behavioral health arena

Latinx Therapy Resources latinxtherapy.com/resources/ : List of mental health resources

Therapy for Latinx therapyforlatinx.com/home : Directory of Latinx therapists

Sad Girls Club <https://sadgirlsclub.org/> : Sad Girls Club is a community on a mission to diminish stigma around mental health, supporting young women of color

Melanin and Mental Health melaninandmentalhealth.com/ : Provides culturally relevant resources and helps connect individuals with culturally responsive clinicians committed to serving the mental health needs of Black/ Latinx communities

ADVOCACY

League of United Latin American Citizens (LULAC) <https://lulac.org/> : The mission LULAC is to advance the economic condition, educational attainment, political influence, housing, health and civil rights of the Hispanic population of the United States

National Association of Latino Democratic Officials (NALEO) <https://naleo.org/> : NALEO Educational Fund is the nation's leading non-profit, non-partisan organization that facilitates full Latino participation in the American political process, from citizenship to public service

Latino Justice <https://www.latinojjustice.org/en> : Latino Justice works to create a more just society by using and challenging the rule of law to secure transformative, equitable and accessible justice, by empowering our community and by fostering leadership through advocacy and education

United We Dream <https://unitedwedream.org/> : United We Dream is the largest immigrant youth-led community in the country

** To provide feedback and/or suggest other resources, email Counseling Services at chcs@ramapo.edu*