***Accessing Mental Health Services***

PDF: <https://switchboardta.org/wp-content/uploads/2019/08/Information-Guide-Access-to-Mental-Health-Services-For-Refugees-in-the-US.pdf>

Webinar: <https://www.youtube.com/watch?v=FYdICMdUKh0>

Owner: Switchboard

Objectives:

* Summarize what the research says about barriers and enablers to refugees, asylees, and other humanitarian immigrants engaging with mental health care;
* Describe four types of barriers to accessing mental health care that may exist in your community; and
* Name three promising practices to support refugees in engaging with mental health care.

***HIAS Mental Health and Psychosocial Support Toolkit \*****3 parts*

Curriculum: <https://www.hias.org/sites/default/files/hias_mhpss_curriculum.pdf>

Curriculum implementation guidelines: <https://www.hias.org/sites/default/files/hias_mhpss_curriculum_-_implementation_guidelines.pdf>

Training and Resource Annex: <https://www.hias.org/sites/default/files/hias_mhpss_curriculum_-_training_and_resource_annex.pdf>

Owner: HIAS

Beneficial Content: Could be used to develop mental health support groups if there are interested providers.

***Translating Trauma: Foreign Language Interpreting in Therapy***

Article: <https://www.psychologytoday.com/us/blog/invisible-chains/201703/translating-trauma-foreign-language-interpreting-in-therapy>

Owner: Psychology Today

Beneficial Content: Reviews the importance of interpretation during therapy and identifies challenges with both interpreters and providers in understanding their roles.

***Improving Mental Health Among Refugee Women***

PDF: <https://opendocs.ids.ac.uk/opendocs/bitstream/handle/20.500.12413/15382/735_Mental_Health_on_Refugee_Women.pdf?sequence=1&isAllowed=y>

Owner: Institute of Development Studies

Beneficial Content: Discussion of female specific barriers and ways to improve access to mental health services.

***SERVICE LOCATORS***

***Behavioral Health Treatment Services Locator***

Website: <https://findtreatment.samhsa.gov/>

Owner: SAMHSA

***Female Survivors of Abuse Services Locator***

Website: <https://www.womenshealth.gov/relationships-and-safety/get-help/state-resources>

Owner: DHHS – Office on Women’s Health

***Find a Therapist***

Website: <https://www.psychologytoday.com/us/therapists>

Owner: Psychology Today