

## Mental Health Resources for Refugee Community Leaders

Updated May 26, 2021

### Mental Health Crisis Resources:

- National Suicide Prevention Lifeline (interpreters available): 1-800-273-8255
  - Live crisis chat: [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)
- Disaster Distress Helpline (interpreters available): 1-800-985-5990
  - More information: [www.samhsa.gov/find-help/disaster-distress-helpline](https://www.samhsa.gov/find-help/disaster-distress-helpline)
- Crisis Text Line (English only): Text 741741
- National Domestic Violence Hotline (interpreters available): 1-800-799-7233
  - Live crisis chat: [www.thehotline.org](https://www.thehotline.org)
- [PA County-based Mental Health Crisis lines](#) (interpreters available)
- [Poster: Refugee Suicide Prevention](#) (English, Karen, Nepali)

### Multilingual videos and handouts:

- [“Emotional Support for You and Your Communities During the Pandemic”](#) is a 25-min recorded webinar hosted in English, Nepali, Burmese, and Arabic, with ASL and Swahili versions coming soon. During this webinar, our team offers an overview of community mental health resources in Pennsylvania.
- [“Managing Stress & Anxiety during COVID-19”](#) by The Refugee Response
- “Promoting Refugees’ Mental Health” by the St. Louis Regional Organization of Child & Adolescent Psychiatrists
  - [English](#)
  - [Arabic](#)
  - [French](#)
- [MedlinePlus](#)
- [COVID-19 Communication Toolkit For Migrants, Refugees, and Other Limited-English-Proficient Populations](#)
- [Multilingual materials](#) from NRC-RIM at the University of Minnesota

## Pennsylvania Department of Human Services' Refugee Health Program:

The Refugee Health Program (RHP) offers interpreting free of charge to medical and behavioral health providers serving newly arrived refugees. Eligible individuals are refugees who have arrived within the last two years if they are seeking help for mental health needs, and within the last 8 months if they are seeking help for medical/physical conditions. Pharmacists, dentists, optometrists and other specialists are included in the category of eligible medical providers. The service may not be used to replace existing interpretation services, but is offered for situations in which interpretation is needed but not otherwise available. In using the service, the provider agrees to conform to the parameters described.

To access these services, a provider may contact the PA DHS Refugee Health Social Worker ([sbowersmil@pa.gov](mailto:sbowersmil@pa.gov)) to be included as an approved user. The Refugee Health Social Worker will also contact providers suggested by the community as being in need of or interested in these services.

## Education/Training:

- [Mental Health First Aid Training](#)
- [PolicyLab Webinar & Glossaries of Mental Health Terminology](#)