A PATH FORWARD

Minority Mental Health Resources

Alabama Mental Health
https://www.alabamamentalhealth.org/

Children and Mental Health
https://www.nimh.nih.gov/sites/default/files/documents/health/publications/children-and-mental-health/21-mh-8085-childrenandmentalhealth.pdf

Children's of Alabama Psychiatric Intake Response Center
https://www.childrensal.org/pirc

Crisis Services of North Alabama
https://csna.org/domestic-violence

Elk River Treatment Program for teens
https://elkrivertreatment.com/

How Do You Prioritize Mental Health
https://www.pta.org/home/programs/Healthy-Lifestyles/mental-health

Huntsville Hospital Behavioral Health Services
https://www.huntsvillehospital.org/behavioral-health

Inclusive Therapists
https://www.inclusivetherapists.com/

Madison City PTA Mental Health Matters: Dustin Haraway Keynote Speaker
https://www.youtube.com/watch?v=2c48MtT6xsc&t=620s

Mental Health First Aid (National Council for Mental Wellbeing)
https://www.mentalhealthfirstaid.org/mental-health-resources/

Mental Health Resources for Underrpresented Communities
(American Foundation for Suicide Prevention)
https://afsp.org/mental-health-resources-for-underrepresented-communities

Military Child Education Coalition
https://www.militarychild.org/

Restore Counseling Services LLC
https://www.restoreyou2.com/

Substance Abuse and Mental Health Services
https://www.samhsa.gov/find-help/national-helpline

The Balanced Life LLC
https://www.thebalancedlifellc.com/

The Teen Brain - 7 Things to Know (NIH)
https://www.nimh.nih.gov/health/publications/the-teen-brain-7-things-to-know

Thrive Alabama
https://thrivealabama.org/

U.S. Department of Health and Human Services Office of Minority Health
https://www.minorityhealth.hhs.gov/default.aspx

Wellstone Behavioral Services
https://wellstone.com/

Apps for improving/tracking mental health:

Calm	MoodLog
Happify	WorryTree
Headspace	WorryWatch (iOS only)
MindShift	SPEAK
Moodfit	

HudsonAlpha's A Path Forward Series provides broad community awareness and education on issues related to genomic health, testing, health disparity and improved access for minority populations. For more information, visit: **hudsonalpha.org/dei/path-forward**

HUDSONALPHA
INSTITUTE FOR BIOTECHNOLOGY

HudsonAlpha Institute for Biotechnology ("we", "us", or "our") is not a healthcare provider. The information offered by us is for general informational and educational purposes only and is not a substitute for professional advice. Any information offered by us containing references to third parties or links to websites is not an endorsement and does not constitute a representation of the quality of the services offered by or the abilities of the entities or individuals listed herein. Accordingly, before taking any actions based upon such information, we encourage you to consult with the appropriate medical professionals.