

Fresno has several organizations that provide mental health services to immigrants, including refugee families, low-income undocumented adults, and other communities. [1, 2, 3]

Organizations that provide mental health services to immigrants in Fresno

Fresno Interdenominational Refugee Ministry (FIRM) [2]

Offers mental health programs, including community gardens, case management, and peer support groups

Centro La Familia Advocacy Services [3]

Provides mental health support services, including short-term intervention, support groups, and links to community services

Fresno County Department of Behavioral Health

Provides behavioral health services to promote wellness, recovery, and resiliency [4]

Fresno County Department of Social Services (DSS)

Provides programs to ensure that individuals and families are safe, healthy, and self-sufficient [5]

Barriers to mental health care for immigrants [1]

- Immigrants face many barriers to mental health care, including the stigma of mental health issues and fear of detention and deportation [1]
- Migrants and refugees are more likely to experience common mental disorders such as depression, anxiety, and post-traumatic stress disorder (PTSD) [6]

[1] https://bhsoac.ca.gov/sites/default/files/documents/2019-03/CPEHN_Immigrant_Mental_Health_combined.pdf

[2] <https://firminc.org/wellness/>

[3] <https://www.centrolafamilia.org/services/>

[4] <https://www.fresnountyca.gov/Departments/Behavioral-Health>

[5] <https://www.fresnocountyca.gov/Departments/Social-Services>

[6] <https://www.who.int/news/item/10-10-2023-five-key-themes-for-improved-mental-health-care-for-refugees-and-migrants>

(This list was created using generative AI, and was checked for credibility by the uSpark team)