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Mental Health Resources & Hotlines:

Puerto Rico



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Mental Health Resources & Hotlines: Puerto Rico

Arecibo Community Based Outpatient Clinic – VA

The VA Caribbean Healthcare System provides access to psychiatry, social work, care of chronic conditions, and various other services for veterans.

To schedule an appointment or for further help, call (787) 816-1818. Click [here](#) to visit the website.

COSSMA, Inc. – Yabucoa Community Health Center

The community health center is a resource for all community members to seek aid for physical health or mental health related issues.

They can be reached at this number (787) 739-8182 or by clicking [here](#).

Disaster Recovery Assistance

This program is available to anyone, regardless of race, religion, nationality, etc., and can be found at this number: (800) 462-7585.

Hispanic Federation of Puerto Rico - PATRIA

This federation has been dedicated to promoting mental health because of the aftermath of Hurricane Maria. It offers counseling, diagnostic and psychological assessments, psychotherapy, and more on their [website](#), and by phone.

For assistance, please call 1-800-981-0023.

To reach the suicide prevention hotline, presented by the Red Nacional (TALK), call 1-800-273-8255.

Migrant Health Center

The Migrant Health Center offers diagnosis, treatment, and rehab for those struggling from mental illness from a holistic care perspective. To learn more, visit this [link](#).

NAMI Puerto Rico

NAMI is a resource to be used by anyone who is facing mental health illness. Success stories, membership information, and more can be found on their [website](#).

Call the hotline at (800) 950-NAMI, or text “NAMI” to 741741.

National Suicide Prevention Lifeline

The National Suicide Prevention Lifeline is available 24/7 in English and Spanish. The mission is to prevent suicide by providing free, confidential support for suicide prevention and provides crisis resources to anyone in U.S. territories.

To call 24/7, use this number: 1-800-273-TALK (8255)

For more information about their services, to chat online, view stories of recovery, or view all crisis centers, visit this [link](#).

PAS Line

This line is available 24/7 and offers crisis counseling, emotional support, psychiatric care and psychological evaluation, and more for anyone dealing with stress, depression, anxiety, and suicidal thoughts. Visit this [link](#) for more information or call 1-800-981-0023.

Puerto Rico Suicide Prevention Resource Center

The state suicide prevention website can be found [here](#) and includes helpful information about how to prevent suicide.

Suicide Prevention Plan

The Puerto Rico suicide prevention plan is available [here](#). This resource has information from the Puerto Rico Department of Health on how to handle stressful times and resources for additional help.