

ASIAN AMERICAN & PACIFIC ISLANDER MENTAL HEALTH RESOURCES

Racial trauma, or race-based traumatic stress (RBTS), refers to the mental and emotional injury caused by encounters with racial bias and ethnic discrimination, racism, and hate crimes. Due to long standing injustices and the rise in hate crimes against Asian Americans/Pacific Islander (AAPI) Communities, many AAPIs might be experiencing RBTS right now. The impact of pandemic-related stress, coupled with racism-based stress, can lead to many AAPIs feeling anxious or scared. While these feelings are valid, please know that there are resources available to support your mental health during this difficult time.

The Mental Health Coalition stands in solidarity with the AAPI Communities and condemn racism in all forms. We are committed to working towards a world that empowers access to vital resources and necessary support for all.

Use these resources for yourself or pass them along to a friend who might need the support. If you are concerned about a friend who might be having a hard time right now but are not sure how to start a conversation around mental health, visit The Mental Health Coalition's **How to Talk About Mental Health page** for tips on how to do so.

For immediate 24/7 support, text COALITION to 741741 to connect with a Crisis Counselor for free 24/7. You can also call National Suicide Prevention Lifeline at 1-800-273-8255. It's free and highly confidential, unless it's essential to contact emergency services to help you or your friend stay safe. Nacional de Prevención del Suicidio: 1-888-628-9454

Asian American Health Initiative (AAHI)

Improving the health & wellness of Asian American communities.

Click here for the AAHI mental health resource library provided in a variety of languages

Asian American +Pacific Islander Women Lead (AAPI)

Advocating against anti-Asian violence due to COVID-19, raising awareness around AAPI women and their experiences with #MeToo, racial discrimination, war and immigration.

Click here for AAPI resources
Click here for more information

Asian American Psychological Association (AAPA)

Advancing the mental health of Asian American communities via research, education and policy.

Click here for AAPI LGBTQ Resources
Click here for AAPA bullying sheet
Click here for more information

Asian American Counseling and Referral Service (ACRS)

Promoting social justice, the well-being and empowerment of AAPI and other underserved communities.

Click here for info on behavioral health and wellness resources

Asian Mental Health Collective

Raising awareness about the importance of mental health care, promoting emotional well-being, and challenging the stigma.

Click here for APISAA Therapists

Click here for Intl Crisis Lines

Click here for podcasts on Asian MH

Asian Mental Health Project (AMHP)

Educating and empowering Asian communities in seeking mental health care

Click here for more information

Asian Pride Project

Advancing the mental health and well-being of Asian American communities via research, professional practice, education and policy.

Click here to hear from out and proud parents of LGBTQ children

Click here for more resources

National Asian American Pacific Islander Mental Health Association (NAAPIMHA)

Promoting the mental health and well being of the AAPI community

Click here for mental health and behavioral services for AAPI

Click here for more information

National Queer Asian Pacific Islander Alliance (NQAPIA)

A federation of lesbian, gay, bisexual and transgender Asian American, South Asian, Southeast Asian and Pacific Islander organizations.

Click here for the API Healer Network and Therapy Resources List

Click here for more information

South Asian Therapists Directory

Home of the largest global community of South Asian therapists, including therapists of Indian, Pakistani, Bangladeshi, Sri Lankan, Afghani and Nepali heritage.

Click here to access the directory challenges to achieve a healthier and productive lifestyle

Click here to learn more

For additional info on AAPI mental health, check out:

American Foundation for Suicide Prevention

Depression Association of America

Didi Hirsch Mental Health Services (crisis services)

Mental Health America

The National Alliance on Mental Illness



www.thementalhealthcoalition.org