

MENTAL HEALTH & WELLNESS RESOURCES FOR ASIAN & AAPI STUDENTS

In addition to the services provided through CPS, we also recommend the following:

COPING, SELF-CARE & ADVOCACY

[@asianmentalhealthproject](#)

[@asiansformentalhealth](#)

[Asian American Health Initiative](#)

[Asian American Psychological Association](#)

[Proactively Coping with Racism](#)

[AAPI Bystander Intervention Training](#)

[Asian Americans Advancing Justice](#)

[Talking About Race: Self Care](#)

[Four Ways People of Color Can Foster](#)

[Mental Health & Practice Restorative Healing](#)

[Grief is a Direct Impact of Racism](#)

[Discrimination: What it Is and How to Cope](#)

[Asian Americans Advancing Justice's
Tell Your Story](#)

[Stop Asian American Pacific Islander Hate \(reporting\)](#)

[Helpful videos for Asian Americans parents](#)

[Helpful videos for Asian Americans parents](#)

[Asian American Psychological Association
COVID-19 Related Resources](#)

REFERRAL & EDUCATIONAL RESOURCES

[National AAPI Mental Health Association](#)

[Asian Mental Health Collective](#)

[Bridges - NYC Mental Health Hub for AAPI](#)

[South Asian Therapists](#)

[Asians Do Therapy](#)

[Queer & Trans Therapists of Color Network](#)

[The Steve Fund](#)

TEXT & PHONE SUPPORTS

Crisis Text Line for Young POC

Text STEVE to 741741

National Suicide Prevention Lifeline

1-800-273-8255

Asian Lifenet Hotline

1-877-990-8585