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
- 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