MENTAL HEALTH & WELLNESS RESOURCES FOR ASIAN & AAPI STUDENTS

In addition to the services provided through UCS, 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 is it & How to Cope

**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

Thanks for Fordham University for compiling and sharing these resources.