



AAPI Mental Health and Self-Care Resources

There are a variety of mental health and self-care resources available for Asian Americans and Pacific Islanders. Please see some examples below as a helpful starting point.

[Asian Mental Health Collective](#)

The Asian Mental Health Collective aspires to normalize and destigmatize mental health within the Asian community and make mental health easily available, approachable, and accessible to Asian communities worldwide. The website provides access to a host of resources, including

- [Therapist Directory](#) for locating an Asian, Pacific Islander, and South Asian American therapist by state
- [Mental Health FAQ](#) to help yourself or loved ones who may struggle with mental illness
- [Advancing Asian Mental Health](#) interview series featuring individuals and organizations paving the way for acceptance and normalization of Asian mental health issues
- [#myasianmentalhealth](#) is a community project aimed at sharing the journeys and experiences of members of the Asian Diaspora; read these inspiring stories and share your own.

[NAMI Identity and Cultural Dimensions—AAPI](#)

The National Alliance on Mental Illness (NAMI) website helps you understand how culture and identity impact AAPI's perceptions and experience of mental health conditions and how this can influence one's mental health journey.

[NAMI Blog](#)

This blog features the latest research, stories of recovery, ways to end stigma, and strategies for living well from the voices and perspectives of Asian Americans and Pacific Islanders.

[Subtle Asian Mental Health](#)

This private Facebook group is intended to be a safe, nonjudgmental space for Asians and those of Asian descent to share thoughts and feelings about anything, especially mental health.

[Anxiety and Depression Association of America](#)

This website features facts and statistics, guidelines on choosing a provider, and trending articles related to Asian American/Pacific Islander mental health.

[Asian American Psychological Association](#)

The AAPA aims to advance the mental health and well-being of Asian American communities through research, professional practice, education, and policy. The website provides access to a host of resources, including

- [COVID-19 Resources](#) related to mental health and self-care, responding to racism and xenophobia, parenting and caregiving, engaging with faith and spirit, and antistigma statements
- [Bullying Prevention Resource Guide for Parents](#) in English, Korean, Simplified Chinese, Traditional Chinese, and Vietnamese
- [AAPA Undergraduate Consortium](#) offering information on university courses, as well as research and volunteer opportunities for undergraduate students interested in studying topics on Asian Americans and psychology



Social Action and Educational Resources for AAPI and Allies

- [Article](#) on the impact of racist incidents and COVID-19 on Asian American businesses
- [Video](#) featuring a panel discussion on the rise of anti-Asian violence in the US and its repercussions
- [Resources and activities](#) to expand understanding of how the pandemic has led to increased racism against people of Chinese or Asian descent, and what you can do about it
- [Safety tips](#) for those experiencing or witnessing hate, available in Bengali, Chinese Simplified, Chinese Traditional, English, Hindi, Japanese, Korean, Mong, Nepali, Punjabi, Tagalog, Thai, and Vietnamese
- [Stop AAPI Hate](#)
 - A reporting center that tracks and responds to incidents of hate, violence, harassment, discrimination, shunning, and child bullying against Asian Americans and Pacific Islanders in the US

You Are Not Alone

Please be reminded that support is always available through the Employee Assistance Program.

CCA@YourService helps you and your family members by providing free, confidential access to emotional and mental well-being resources, including

- 24/7 phone access to counselors for in-the-moment support
- Referrals to short-term professional counseling for any issue that is on your mind
- Resources and referrals to support medication management, and self-care for mind, body, and spirit
- Online articles, tips, and self-assessments to help identify signs, symptoms, and treatment options for various conditions

Call **800-833-8707** or visit www.myccaonline.com to get started.