



RESOURCES for the AAPI COMMUNITY

At Hey Sam, we know that mental health doesn't look the same for everyone, especially if you're dealing with challenges related to race, identity, or discrimination. We strive to always be there for anyone who's struggling, but if you need additional support, here are some mental health resources created for and by the Asian and Pacific Islander (AAPI) community:

Organizations

Aakoma Project: Empowers youth of color to seek help for and manage their mental health through awareness building, education, and resources

Asian Mental Health Collective: Aims to raise awareness and reduce stigma around mental health in the Asian community through various programs

Asian Women for Health: Supports Asian American women's health through advocacy and education

National Asian American Pacific Islander Mental Health Association (NAAPIHMA): Aims to promote the mental health of Asian Americans, Native Hawaiians, and Pacific Islanders

South Asian Mental Health Initiative & Network (SAMHIN): Non-profit organization that provides resources, support, and advocacy for the South Asian community

Therapy Directories

Asian American Therapist Directory

Innopsych: Directory of therapists of color

LGBTQ+ Resources

GLASS (GLBTQ+ Adolescent Social Services): Provides medical care, mental health counseling, and case management to LGBTQ+ youth

National Queer & Trans Therapists of Color Network

National Queer Asian Pacific Islander Alliance (NQAPIA): Network of advocates for queer AAPI people; provides multilingual, inter-generational resources

The Trevor Project: Provides 24/7 crisis support services to LGBTQ+ young people. Text, chat, or call anytime.

Trans Women of Color Collective: Offers access to multiple funds, including a wellness fund

Visibility Project: Uplifts stories of Queer and Trans Asian Pacific American women and transgender community

Apps

Liberate Meditation: Meditation app for BIPOC (Black, Indigenous, and People of Color) folks



Support for young people, by young people.
TEXT: 439-726 | **VISIT:** textheysam.org
Hey Sam is a program of Samaritans, Inc.