



MENTAL HEALTH RESOURCES FOR AAPI Students

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

COPING & SELF-CARE RESOURCES

[@asianmentalhealthproject](#)

[@asiansformentalhealth](#)

[Asian American Health Initiative](#)

[Asian American Psychological
Association](#)

[Proactively Coping with Racism](#)

[Talking About Race: Self Care](#)

[Four Ways People of Color Can Foster
Mental Health & Practice Restorative
Healing](#)

[Grief is a Direct Impact of Racism: Eight
Ways to Support Yourself](#)

[Discrimination: What it is and 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

Text "Trevor" to 1-202-