

# MENTAL HEALTH RESOURCES FOR ASIAN & AAPI STUDENTS

## ***Coping & Advocacy***

[Asian American Health Initiative](#)

[@asianmentalhealthproject](#)

[@asiansformentalhealth](#)

[Asian American Psychological Association](#)

[AAPI Bystander Intervention Training](#)

[Asian Americans Advancing Justice](#)

[Talking About Race: Self Care](#)

[Discrimination: What is it & How to Cope](#)

## ***Support/Crisis***

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

## ***Treatment and Educational Resources***

[National AAPI Mental Health Association](#)

[Asian Mental Health Collective](#)

[Bridges Mental Health Hub for AAPI Resources](#)

[South Asian Therapists](#)

[Asians Do Therapy](#)

[Queer & Trans Therapists of Color Network](#)

[The Steve Fund](#)

[American Civil Liberties Union](#)

[Asian Pacific Policy and Planning Council](#)

[Association of Asian Pacific Community Health Organizations](#)

[Korean American Coalition – Los Angeles](#)

[National Association of Asian American Professionals](#)

[Southern Poverty Law Center](#)

[Teaching Tolerance](#)