

MENTAL HEALTH RESOURCES FOR AAPI COMMUNITIES

ORGANIZATIONS FOR CONNECTIONS TO THERAPY AND SUPPORT

Asian Mental Health Collective

Building a community through access to AAPI therapists, community events, Asian perspectives and stories, and a number of relevant resources.

<https://www.asianmhc.org/>

Asian Mental Health Professionals of Georgia

Provides a list of AAPI mental health professionals sorted by ethnicity, specialty, and location.

<https://www.asianmentalhealthga.com/>

The Burmese Rohingya Community of Georgia Inc

A community-based social services organization aimed at serving the needs of the Rohingya refugee population in greater ATL, GA through providing emergency and long-term support,

<https://www.brcgrohingya.org/>

Desi Rainbow Parents & Allies

An organization helping South Asian families and friends of lesbian, gay, bisexual, transgender, queer, and questioning individuals to learn about the LGBTQ+ issues, find community with one another and learn how to better support their loved ones.

<https://www.desirainbow.org/about-us>

DEQH

An accessible confidential helpline for Desi and South Asian individuals identifying as LGBTQ+ who are looking for resources, support, or simply a place to connect and express themselves.

<https://www.deqh.org/>

The Division on South Asian Americans (DoSAA)

A community of students and professionals committed to understanding social, emotional, political, and personal influences affecting South Asians in psychology and creating a forum to impact change for the betterment of South Asian mental health.

<https://aapaonline.org/division-on-south-asian-americans/>

MannMukti

An organization encouraging healthy, open dialogue of South Asian mental health issues in an effort to remove stigma, improve awareness, and promote self-care.

<https://mannmukti.org/>

The National Alliance on Mental Illness (NAMI)

Discusses risks, barriers, and protective factors for AAPI Mental Health. They also link outside resources people can access for wellness and resource support.

<https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Asian-American-and-Pacific-Islander/>

Raksha

A Georgia-based nonprofit serving the South Asian community by addressing domestic/sexual violence and divorce, as well as issues concerning children, senior citizens, and new immigrants. Their mission is to promote a stronger and healthier community through free and confidential support services.

<https://www.raksha.org/gethelp/aapimentalhealth/>

The South Asian Sexual and Mental Health Alliance

An organization fighting cultural stigmas through educating and empowering the South Asian American community on sexual and mental wellness. They provide community resources in support of their health-centered mission.

<https://www.sasmha.org/>

Compiled by:



— ADDITIONAL RESOURCES —

These additional resources offer support for individuals in enhancing their mental health and overall well-being.

Sama Health App

This unique app matches clients to culturally relevant South Asian therapists online, ensuring that clients receive the most appropriate care. Whether you're struggling with stress, anxiety, depression, or other mental health concerns, Sama Health has the resources you need to feel supported and empowered.

<https://samahealth.life/>

iChill App

This free app teaches six wellness skills from the Trauma Resiliency Model (TRM)® and Community Resiliency Model (CRM)® to help you manage sensations associated with trauma and stress, enhancing your well-being.

<https://ichillapp.com/#/minified:me>

Asian Mental Health Project

A nonprofit that aims to educate and empower Asian communities seeking mental health care.

<https://www.asianmentalhealthproject.com/>

Brown Girl Therapy

The first and largest mental health and wellness organization for the first and second-generation immigrants. Founded by Sahaj Kaur Kohli, a therapist in training, Brown Girl Therapy aims to de-stigmatize mental health and promote bicultural identity exploration.

<https://ichillapp.com/#/minified:me>

BOOKS WE RECOMMEND —

Permission to Come Home

Jenny T. Wang, Ph.D.

Where I Belong: Healing Trauma and Embracing Asian American Identity

Soo Jin Lee and Linda Yoon

Stay True: A Memoir

Hua Hsu

Louder than the Lies: Asian American identity, Solidarity, and Self-Love

Ellie Yang Camp

But What Will People Say?: Navigating Mental Health, Identity, Love, and Family Between Cultures

Sahaj Kaur Kohli, MAEd, LGPC

Stigma: Breaking the Asian American Silence on Mental Health

Tanaya Kollipara

SOCIAL MEDIA PLATFORMS —

Social media can be a place to go to get inspired, stay in-the-know about social issues and support artists and small businesses.

Follow these social media accounts:

Brown Girl Therapy [@browngirltherapy](#)
Asians for Mental Health [@asiansformentalhealth](#)
South Asian Therapists [@southasiantherapists](#)

LOW-COST MENTAL HEALTH CARE OPTIONS

Cumberland Counseling Centers

<https://cumberlandcenters.org/>

Highland Rivers Behavioral Health

<https://highlanddrivers.org/>