

Mental Health Resources for AAPI Communities

THERAPY AND SUPPORT

Asian Mental Health Collective is building community through access to AAPI therapists, community events, Asian perspectives and stories, and a number of relevant resources.

Asian Mental Health Professionals of Georgia provides a list of AAPI mental health professionals sorted by ethnicity, specialty, and location.

The Burmese Rohingya Community of Georgia Inc is a community-based social service organization aimed at serving the needs of the Rohingya refugee population in greater Atlanta, Georgia through providing emergency and long term support.

Desi Rainbow Parents & Allies is an organization helping South Asian families and friends of lesbian, gay, bisexual, transgender, queer and questioning individuals to learn about LGBTQ+ issues, find community with one another and learn how to better support their loved ones.

DEQH is 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.

The Division on South Asian Americans (DoSAA) is 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.

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

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.

Raksha is 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.

The South Asian Sexual and Mental Health Alliance is an incredible 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.

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SOCIAL MEDIA ACCOUNTS, ARTICLES & BOOKS

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

Espyr illustrates in the article, "Asian American Pacific Islander (AAPI) Mental Health" how racial identity, specifically for AAPI people, creates unique difficult journeys for families and individuals that commonly include a stigma around mental health. They also give recommendations for employers looking to support AAPI mental health.

The Georgia Asian Times gives relevant information about Asian-related health and more.

The Mental Health Coalition AAPI Mental Health Resource Page provides an explanation of race-based traumatic stress (RBTS) and offers many AAPI mental health resources to fit individualized needs.

Permission to Come Home by Jenny T. Wang, Ph.D. helps readers to work on their mental health while understanding and honoring the richness of their heritage and embodying a new, complete, and whole identity. Throughout, Dr. Jenny Wang weaves together personal stories of strength, pain, and resilience with incisive analysis of Asian American and immigrant identities and how they affect our individual and collective mental health.

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