Mental Health Resources for Asian/Pacific Islander Students

In addition to the services provided through ASU Counseling Services, we also recommend the following:

### Coping and Self-Care Resources

- **DIY Wellness**
- **Mental Health Mukbang Podcast**
- **Asians Do Therapy**
- **Stories of Stigma: South Asian Mental Health Podcast**
- **Asian American Health Initiative**
- **Mental Health Resources**
- **Asian Mental Health Collaborative**
- **Why Asian Americans and Pacific Islanders Don’t Go to Therapy**
- **NAMI Blog**
- **Asian Mental and Emotional Health Podcasts**
- **Grief is a Direct Impact of Racism: Eight ways to Support Yourself**
- **Discrimination: What is, and How to Cope**
- **Four Ways People of Color Can Foster Mental Health and Practice Restorative Healing**

### Referral and Educational Resources

- **ASU Counseling Services** (for students)
- **ASU Employee Assistance Program** (for ASU employees)
- **Psychology Today - Arizona Therapists by Language**
- **ASU Asian/Asian Pacific American Students’ Coalition**
- **AAPI LGBTQ Resources**
- **Visibility Project**
- **Coming Out and Living Authentically as AAPI**
- **Asian Pride Project**
- **Asian and Pacific Islander American Health Forum**
- **National Asian American and Pacific Islander Mental Health Association Resources**
- **Mental Health in the Asian Americans/ Pacific Islander Community**
- **NAMI Asian American and Pacific Islander**
- **Mental Health Resources for the AAPI Community**
- **Asian Americans Advancing Justice**

### Text and Phone Supports

- **ASU Counseling Services Open Call and Open Chat**
- **ASU’s Dedicated Crisis Line**
  480-921-1006
- **National Suicide Prevention Lifeline**
  1-800-273-8255
- **Trevor Project Lifeline**
  1-866-488-7386 or text START to 678-678