

# 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 it 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