

Resources List

Asian American mental health

- **Asian International Students Adjustment Challenges**
https://aapaonline.org/wp-content/uploads/2014/06/AA_IntStudent_factsheet-final_web.pdf
- **Substances and Asian American Islanders fact sheet**
https://aapaonline.org/wp-content/uploads/2014/06/AA-Substance-Use_factual-web.pdf
- **Suicide amongst asian americans**
<https://aapaonline.org/wp-content/uploads/2014/06/AAPA-suicide-factsheet.pdf>
- **Asian American First Generation College Students**
https://aapaonline.org/wp-content/uploads/2014/06/AsAmFirstGen_factsheet_web-Bitney.pdf
- **Asian American Bullying fact sheet**
<https://aapaonline.org/wp-content/uploads/2014/06/AAPA-bullying-factsheet1.pdf>

Asian American Mental Health Resources sheet

https://www.thementalhealthcoalition.org/wp-content/uploads/2021/03/AA-PI-MH-Resources_MHC-1.pdf

Therapist directory, support groups, resources
<https://www.asianmhc.org/>

Information about specific mental health

- **ADHD**
<https://nami.org/NAMI/media/NAMI-Media/Images/FactSheets/ADHD-FS.pdf>
- **Anxiety**
<https://nami.org/NAMI/media/NAMI-Media/Images/FactSheets/Anxiety-Disorders-FS.pdf>
- **Depression**
<https://nami.org/NAMI/media/NAMI-Media/Images/FactSheets/Depression-FS.pdf>
- **Eating Disorder**
<https://nami.org/NAMI/media/NAMI-Media/Images/FactSheets/Eating-Disorders-FS.pdf>

[Eating Disorders Anonymous](#) - free virtual support groups available multiple times throughout the day

[National Eating Disorders Association](#) - phone, text, online support

- Online Chat
 - Monday—Thursday 9am—9pm ET, Friday 9am—5pm ET
- Call NEDA's eating disorders helpline (800) 931-2237
 - Monday—Thursday 11am—9pm ET, Friday 11am—5pm ET
- Text NEDA's eating disorders helpline - (800) 931-2237
 - Monday—Thursday 3pm—6pm ET, Friday 1pm—5pm ET

Stressed out?

- **Symptoms of stress**
<https://www.therapistaid.com/worksheets/symptoms-of-stress>

- **Fight or flight**
<https://www.therapistaid.com/worksheets/fight-or-flight>

- **Stress management**
 - **Netflix: Headspace**
\$8.99 / year for students [link](#)

 - **Spotify podcasts:**
 - a. **STRESSPROOF** by Susan Choi
 - b. **Huberman Lab**
 - c. **Stress Management: Ways to Manage Stress & Anxiety**

 - **YouTube:**
 - a. <https://www.youtube.com/@GreatMeditation>
 - b. <https://www.youtube.com/@calm>
 - c. <https://www.youtube.com/watch?v=HRuqe26F8SU>
 - d. <https://www.youtube.com/@TheMindfulMovement>
 - e. **Accupressure**
<https://www.youtube.com/watch?v=2Mu5RvPoOuo>

Helpful Tips

- **Self esteem**

Seeking your strengths

<https://www.therapistaid.com/worksheets/strengths-spotting-exercise>

Gratitude

<https://www.therapistaid.com/worksheets/gratitude-exercises>

- **Relationships**

Green flags of relationships

<https://www.therapistaid.com/worksheets/relationship-green-flags>

Gaslighting Warning signs

<https://www.therapistaid.com/worksheets/gaslighting-warning-signs>

Relationship building

<https://www.therapistaid.com/worksheets/couples-strengths-exploration>

- **Coping skills:**

Positive Psychology prompt cards

<https://www.therapistaid.com/worksheets/positive-psychology-prompt-cards>

Depression

<https://www.therapistaid.com/worksheets/coping-skills-depression>

Exercise

<https://www.therapistaid.com/worksheets/mental-health-exercise-benefits>

Are you experiencing a mental health crisis?

- Call Philadelphia's Suicide Prevention and Crisis Intervention Service Line at **988**
 1. Philadelphia's Suicide and Crisis Center: 1-215-686-4420
- National Suicide Prevention Lifeline at **988**
- Text "NAMI" to **741741** for 24/7, confidential, free crisis counseling.
- Domestic Violence Hotline: **1-800-799-7233**; 24-hour hotline offering confidential, one-on-one support and direct connection to resources for immediate safety for people affected by domestic violence
- Philadelphia Warmline: 1-855-507-9276; available Mon-Fri 4pm to 7pm, talk with Certified Peer Specialists when you are experiencing anxiety, depression, loss, stress, loneliness, and other challenges
- Nearby Crisis Centers:
 - a. Einstein CRC: 2159518300, 5501 Old York Rd
 - b. Pennsylvania Hospital CRC: 2158295433, 801 South 8th St
 - c. Friends Hospital CRC: 2158314600, 4641 Roosevelt Boulevard
 - d. Mercy Hospital CRC: 2157489525, 501 South 54th St
 - e. Temple CRC: 2157072577, 100 E. Lehigh Avenue

Therapy Directory

An online platform where you can specifically find **South Asian Therapists**

<https://southasiantherapists.org/find-a-therapist/>

Walnut Psychotherapy Center - takes Aetna, diverse staff members available

www.walnutpsychotherapycenter.com

Thriveworks Aetna providers, telehealth option available www.thriveworks.com