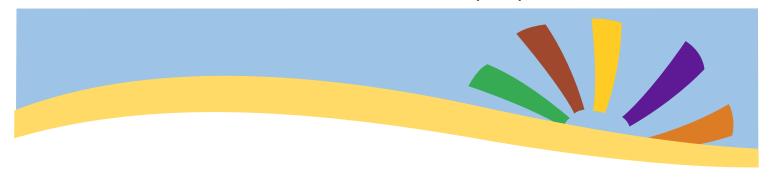
# COUNSELING AND PSYCHOLOGICAL SERVICES (CPS), FORDHAM UNIVERSITY



## MENTAL HEALTH & WELLNESS RESOURCES FOR ASIAN & AAPI STUDENTS

In addition to the services provided through CPS, we also recommend the following:

### **COPING, SELF-CARE & ADVOCACY**

<u>@asianmentalhealthproject</u> <u>@asiansformentalhealth</u>

Asian American Health Initiative

Asian American Psychological Association

**Proactively Coping with Racism** 

AAPI Bystander Intervention Training

Asian Americans Advancing Justice

Talking About Race: Self Care

<u>Four Ways People of Color Can Foster</u>
Mental Health & Practice Restorative Healing

**Grief is a Direct Impact of Racism** 

Discrimnation: What is it & How to Cope

#### **REFERRAL & EDUCATIONAL RESOURCES**

National AAPI Mental Health Association

**Asian Mental Health Collective** 

Bridges - NYC Mental Health Hub for AAPI

South Asian Therapists

**Asians Do Therapy** 

Queer & Trans Therapists of Color Network

The Steve Fund

#### **TEXT & PHONE SUPPORTS**

**Crisis Text Line for Young POC** 

Text STEVE to 741741

**National Suicide Prevention Lifeline** 

1-800-273-8255

**Asian Lifenet Hotline** 

1-877-990-8585