

MENTAL HEALTH WEBSITES FOR ASIAN AMERICAN AND PACIFIC ISLANDER STUDENTS

Here are some mental health resources specifically designed for the Asian American & Pacific Islander community.

NAAPIMHA.ORG

NAAPIMHA offers behavioral health services for Asian Americans, Native Hawaiians, and Pacific Islanders.



ASIANSDOTHERAPY.COM

Asians Do Therapy is dedicated to dismantling the stigma surrounding therapy in the Asian community. The platform showcases empowering narratives of well-known Asian figures who have embraced therapy as part of their journey.

ASIANMHC.ORG

The Asian Mental Health Collective provides a diverse array of resources including the Lotus Therapy Fund, a program that aims to make therapy more accessible for the Asian community.



NQAPIA.ORG

The National Queer Asian Pacific Islander Alliance (NQAPIA) is dedicated to empowering LGBTQ+ individuals within the Asian and Pacific Islander communities.

SAMHIN.ORG

The South Asian Mental Health Initiative and Network is committed to eradicating the stigma surrounding mental health within the South Asian community. Their website features a provider network of South Asian therapists and healthcare providers in Washington State.

