




APIDA NYC Mental Health Resources

Connect w/ an APIDA therapist

Asians for Mental Health Directory
asiansformentalhealth.com


Anise Health
info@anisehealth.co
424-209-2386



Bridges
bridgesmentalhealth.com

Community Spaces/Support Groups

National Alliance on Mental Illness
AAPI Virtual Support Group
1st and 3rd Tuesday, 6-7:30pm EST
naminycmetro.org



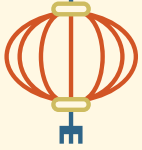
Apex For Youth
Volunteer and find community
apexforyouth.org
212-385-3574

FOR EMERGENCY HELP, CALL

Asian LifeNet Hotline (24 hours)
877-990-858

(Cantonese, Mandarin, Japanese, Korean, and
Fujianese are offered)

Campus Resources



The Importance Of Mental Health & Healing in -APIDA- Communities

Asian Pacific Islander Desi American



**Because caring for your
mind is strength, not
shame.**

What does Mental Health Mean in **APIDA** communities?

Mental Health isn't just about mental illness – it's about how we *think, feel*, and *cope* with everyday life.



Our cultures see mental health challenges as a sign of *personal weakness* and something to be *concealed*.

We're taught to stay strong for our families – but strength also means seeking help.

Understanding Stigma

Higher personal stigma predicts lower help-seeking in APIDA populations

Why does stigma exist?

- Feeling the need to “save face”
- Fear of burdening the family
- Lack of open dialogue about emotions
- “Model minority” stereotype and pressures to appear “perfect”
- Language and cultural barriers to care

Its Impact

Studies show that of 1166 US university students, Asian Americans reported the highest levels of distress regarding academics, employment, family, peers, and leisure.



Healing is Not a Taboo – It's a Tradition!

Healing has always been part of our heritage through meditation, prayer, storytelling, and community care

Finding support can *compliment* these traditions!

How to Support One Another

- Find community in others
- Listen without judgement
- Share your emotions openly
- Continue the conversation about mental health and getting the help you need

When we talk about mental health, we build community, not shame.

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