

AAPI Family and Friends Resource List

Warmlines and Hotlines

NAMI-NYC Helpline

Calls to the NAMI-NYC Helpline are confidential and answered by trained family members and people living with mental illness.

<https://naminycmetro.org/helpline/>

212-684-3264 | helpline@naminyc.org

Monday - Friday 10am to 6pm ET (Hours vary on holidays)

NAMI National Warmline Directory

A Warmline is a peer-run phone line offering callers emotional support and staffed by volunteers in recovery.

[https://www.nami.org/NAMI/media/NAMI-Media/Helpline/NAMI-National-HelpLine-](https://www.nami.org/NAMI/media/NAMI-Media/Helpline/NAMI-National-HelpLine-WarmLine-Directory.pdf)

[WarmLine-Directory.pdf](https://www.nami.org/NAMI/media/NAMI-Media/Helpline/NAMI-National-HelpLine-WarmLine-Directory.pdf)

The Lifeline and 988

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Call: 988 | <https://988lifeline.org/>

National Alliance for Eating Disorders

The National Alliance for Eating Disorders is the leading national nonprofit organization providing referrals, education, and support for all eating disorders.

Call: (866) 662-1235

<https://www.allianceforeatingdisorders.com/>

New York State Domestic Violence Hotline

800-942-6906

New York City Domestic Violence Hotline

800-621-HOPE

New York State Problem Gambling and Chemical Dependency HOPEline

877-8-HOPENY | 877-846-7369 | Text: HOPENY

Samaritans Hotline

Staffed by trained volunteers, the Samaritans Hotline provides free and confidential emotional support 24/7, as well as suicide loss support.

Call: 212-673-3000 <https://samaritansnyc.org/get-support/crisis-services/>

Wildflower Alliance

The Wildflower Alliance is a grassroots Peer Support, Advocacy, and Training organization with a focus on harm reduction and human rights. Their peer support line is answered by a trained peer supporter who has their own first-hand experience with psychiatric diagnosis, trauma, addiction, and/or other interrupting challenges.

Call: 888.407.4515 | wildfloweralliance.org/

Monday – Thursday 7pm to 9pm | Friday – Sunday 7pm-10pm

AAPI Specific Resources

Asian Clinic Treatment Services at CCM Mental Health Clinic

The outpatient Asian Clinic Treatment Services (ACTS) at CCM Clinics provides culturally sensitive and inclusive and supportive mental health services including individual therapy, family therapy, and group therapy, and case management services to Chinese, Korean, Japanese, Indian, and other Asian communities. Anger management and parenting classes are available in Mandarin and Cantonese.

718-802-0666 ext. 222 |
<https://ccmnyc.org/mental-health-services/asian-clinic-services/>

Asian Psychiatry Program at Gracie Square Hospital

The inpatient Asian Psychiatry Program at Gracie Square Hospital provides culturally sensitive and appropriate mental health services to Chinese, Korean, Japanese and other Asian communities. 212-434-5300 | <https://www.nygsh.org/asian-psychiatry.html>

Charles B. Wang Health Center

An organization seeking to provide high-quality and affordable health care to all, building on their heritage of success in caring for underserved Asian Americans. They provide case management, counseling, community health services, and more. Originally known as the Chinatown Health Clinic, they have locations in Flushing, Queens and Lower Manhattan.
<https://www.cbwchc.org/service/mental-health>

Child Center of NY - Asian Outreach Program

The Child Center of NY's Asian Outreach Program breaks down language barriers and stigma to reach Asian children and families with mental health and substance abuse services. 718-358-8288 | info@childcenterny.org | <https://childcenterny.org/asian-outreach-program/>

Chinese American Family Alliance for Mental Health

CAFAMH seeks to promote self-empowerment and mutual support among Chinese-American caregivers of mentally ill individuals by providing a safe space for family support group meetings. CAFAMH aims to educate and raise community awareness of mental illness, improve the quality of services necessary for mental health patients,

family members, and caregivers.
www.cafamh.org

Chinese American Sunshine House

Chinese American Sunshine House is a non-profit organization that provides a culturally sensitive environment for the Chinese community by empowering those battling with mental illness through their personal recovery and educating the community about mental health. They provide various mental health classes. 917-969-7018 | <http://chinesesunshinehouse.org/>

Hamilton-Madison House

Hamilton-Madison House is a voluntary, non-profit settlement house dedicated to improving the quality of life of its community, primarily those in the Two Bridges/Chinatown area of Manhattan's Lower East Side. Hamilton-Madison House provides culturally and linguistically sensitive individual and group counseling for Chinese, Japanese, Korean and Southeast Asian clients, PROS (Personalized Recovery Oriented Services), Asian American Recovery Services (for substance use disorder and addiction services), 212 720-4540 | behavioralhealth@hmhonline.org <http://www.hamiltonmadisonhouse.org/behavioral-health-services.html>

Henry Street Settlement

Provides Asian Bi-Cultural outpatient and PROS mental health services. Medicaid, Medicare, and other insurances are accepted. They also offer sliding scale services. 212-233-5032 | <https://www.henrystreet.org/programs/primary-behavioral-health/mental-health-services/asian-bicultural-mental-health-services>

Sakhi

Sakhi for South Asian Women's mission is to represent the South Asian diaspora in a survivor-led movement for gender-justice and to honor the collective and inherent power of all survivors of

violence. With a dedicated and growing team of trauma-informed mental health service providers, we currently provide mental health services in English, Hindi, Urdu, Bengali, Punjabi, and Gujarati. (212) 868-6741 | advocate@sakhi.org

Turning Point for Women and Families

Turning Point for Women and Families' mission is to help Muslim women and girls affected by domestic violence to empower themselves and transform their own lives as well as those of their families. The team provides free and confidential counseling and case management services for women affected by domestic violence. The team is culturally and religiously sensitive and speaks the following languages: Bangla, Dari, English, Hindi, Punjabi, and Urdu.

718.262.8722 | info@tpny.org | <https://www.tpny.org/>

NY Asian Women's Center (Womankind)

An organization that provides domestic violence and advocacy services with a 24-Hour domestic violence multilingual helpline that speaks 18+ Asian languages and dialects.

1.888.888.7702 | www.iamwomankind.org/get-help/

Books and Education

8 Tips for Talking About Mental Health With Your Asian Family

<https://www.self.com/story/mental-health-asian-parents>

Family Members and Caregivers: Taking Care of Yourself

<https://www.nami.org/Your-Journey/Family-Members-and-Caregivers/Taking-Care-of-Yourself/>

I Am Not Sick, I Don't Need Help! How to Help Someone Accept Treatment

Dr. Amador's research was inspired by his success in helping his brother Henry, who had schizophrenia, accept treatment. It is a must-read guide for family members whose loved ones are battling mental illness and addictions.

LEAP

LEAP is a communication program to help you create relationships with people who are unable to understand they are ill, with the goal of helping them accept treatment.

<https://leapinstitute.org/about/>

Mental health in Mandarin Chinese: a starter kit for dialogue

<https://www.latimes.com/projects/mental-health-mandarin-chinese-how-to/>

The Making of Asian America, by Erika Lee

The Making of Asian America tells the little-known history of Asian Americans and their role in American life, from the arrival of the first Asians in the Americas to the present-day.

<http://www.erikalee.org/the-making-of-asian-america/>

The Loneliest Americans, by Jay Caspian Kang

The Loneliest Americans is a blend of family history and original reportage that explores—and reimagines—Asian American identity.

"Feeling Asian" Comedy Podcast

Named a top podcast of 2021 by CNN, Feeling Asian offers a healthy and compassionate space for

Asians, Asian Americans, and Asians in America to be themselves without feeling as if their time is a fleeting moment. No longer recording but episodes are still available.

<https://www.feelingasian.com/about>