

# RESOURCES FOR ASIAN-AMERICAN PACIFIC ISLANDER STUDENTS

## RAMAPO OFFICES

Center for Health and Counseling Services, D-216 [ramapo.edu/chcs/](https://ramapo.edu/chcs/) : Mental health counseling, health services, health promotion, substance use disorders programming, ENHANCE Program, health resources

Office of Equity, Diversity, Inclusion and Compliance (EDIC), D-104 [ramapo.edu/affirmation/](https://ramapo.edu/affirmation/)

\* To report bias-related incidents [ramapo.edu/affirmation/bias-related-complaint/](https://ramapo.edu/affirmation/bias-related-complaint/)

First-Generation Student Center, D-212C [ramapo.edu/first-gen/](https://ramapo.edu/first-gen/) : Information on events, scholarships and fellowships, professional mentor programs, Tri- Alpha (First-Generation Honor Society), etc.

United Asian Association (UAA) [ramapo.edu/clubs/organization/united-asian-association-uaa/](https://ramapo.edu/clubs/organization/united-asian-association-uaa/): The mission of UAA is to advocate for and educate on the interests, cultures, and the diversity of the Asian-Pacific Islander American (APIA) diaspora

Filipino American Student Association (FASA) [ramapo.edu/clubs/organization/filipino-american-student-association/](https://ramapo.edu/clubs/organization/filipino-american-student-association/) : FASA is an organization focused on spreading awareness of the Filipino culture and heritage among the students of Ramapo College

South Asian Club [ramapo.edu/clubs/organization/south-asians-ramapo/](https://ramapo.edu/clubs/organization/south-asians-ramapo/) : The purpose of the South Asian Club is to bring South Asians together and to provide awareness regarding the South Asian culture to all members of the Ramapo community

## SOCIAL MEDIA

@asianmentalhealthcollective

@asianmentalhealthproject

@mannmukti

@asiansformentalhealth

@ southasiantherapists

@thestevefund

## PODCASTS

Dear Asian Americans [justlikemedia.com/show/dear-asian-americans/](https://justlikemedia.com/show/dear-asian-americans/)

Feeling Asian [podchaser.com/podcasts/feeling-asian-921191](https://podchaser.com/podcasts/feeling-asian-921191)

MannMukti: Mental Health Podcast [mannmukti.org/podcasts/](https://mannmukti.org/podcasts/)

The Full Well Podcast [fullwelltherapy.com/thefullwell](https://fullwelltherapy.com/thefullwell)

10 Podcasts for AAPI Students [bestcolleges.com/blog/aapi-podcasts/](https://bestcolleges.com/blog/aapi-podcasts/)

15 Podcasts by AAPI creators [tinyurl.com/15AAPIPodcasts](https://tinyurl.com/15AAPIPodcasts)

## MENTAL HEALTH RESOURCES

Ramapo Counseling Center [ramapo.edu/counseling/](https://ramapo.edu/counseling/) : Resources for mental health support

Suicide and Crisis Lifeline [988lifeline.org/](https://988lifeline.org/) : Support for people in suicidal crisis or emotional distress

JED foundation <https://jedfoundation.org> : Empowers teens and young adults by building resiliency and life skills, promoting social connectedness, and encouraging help-seeking and help-giving behaviors

UWill [ramapo.edu/counseling/uwill](https://ramapo.edu/counseling/uwill) : Free access to telehealth services for all Ramapo students

## CULTURALLY-FOCUSED MENTAL HEALTH RESOURCES

The Steve Fund [stevefund.org/](https://stevefund.org/) : The Steve Fund is the nation's leading organization focused on supporting the mental health and emotional well-being of young people of color

National Asian American Pacific Islander Mental Health Association [naapimha.org](https://naapimha.org) : The mission of NAAPIMHA is to promote the mental health and well being of Asian Americans, Native Hawaiians and Pacific Islanders

Asian Mental Health Collective [asianmhc.org/](https://asianmhc.org/) : AMHC aspires to make mental health easily available, approachable, and accessible to Asian communities worldwide

South Asian Mental Health Initiative & Network [samhin.org/](https://samhin.org/) : South Asian Mental Health Initiative and Network, SAMHIN, is a non-profit that addresses the mental health needs of the South Asian community in the U.S.

Asian American Health Initiative (AAHI) [aahiinfo.org/aahi-resources/#mental-health-resources](https://aahiinfo.org/aahi-resources/#mental-health-resources) : The mission of the AAHI is to improve the health and wellness of Asian American communities

## SOCIAL JUSTICE

Asian Americans Advancing Justice (AAJC) [advancingjustice-aaajc.org/](https://advancingjustice-aaajc.org/) : AAJC advocates for an America in which all Americans can benefit equally from, and contribute to, the American dream

Stop AAPI Hate [stopaapihate.org/](https://stopaapihate.org/) : A U.S.-based coalition dedicated to ending racism and discrimination

South Asian Americans Leading Together (SAALT) [saalt.org](https://saalt.org) : SAALT's vision is to help build a South Asian American community with shared values that uplift all people of color

National Queer Asian Pacific Islander Alliance (NQAPIA) [nqapia.org/](https://nqapia.org/) : NQAPIA empowers LGBTQ+ Asians and Pacific Islanders through community capacity building, policy advocacy, and resource development

*\* To provide feedback and/or suggest other resources, email Counseling Services at [chcs@ramapo.edu](mailto:chcs@ramapo.edu)*