

# **Resources for**

# Asian Pacific Islander Desi American (APIDA) Students

## **Ramapo Offices**

Center for Health and Counseling Services, D-216 <u>ramapo.edu/chcs/</u>: 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 <a href="ramapo.edu/affirmaction/">ramapo.edu/affirmaction/</a>
\* To report bias-related incidents <a href="ramapo.edu/affirmaction/bias-related-complaint/">ramapo.edu/affirmaction/bias-related-complaint/</a>

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

United Asian Association (UAA) <u>ramapo.edu/clubs/organization/united-asian-association-uaa/</u>: 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) <u>ramapo.edu/clubs/organization/filipino-american-student-association/</u>: FASA is an organization focused on spreading awareness of the Filipino culture and heritage among the students of Ramapo College

South Asian Club <u>ramapo.edu/clubs/organization/south-asians-ramapo/</u>: 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/

Feeling Asian podchaser.com/podcasts/feeling-asian-921191

MannMukti: Mental Health Podcast mannmukti.org/podcasts/

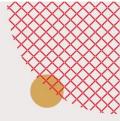
The Full Well Podcast fullwelltherapy.com/thefullwell

10 Podcasts for AAPI Students bestcolleges.com/blog/aapi-podcasts/

15 Podcasts by AAPI creators tinyurl.com/15AAPIPodcasts







#### **Mental Health Resources**

Ramapo Counseling Center <a href="mailto:ramapo.edu/counseling/">ramapo.edu/counseling/</a>: Resources for mental health support

Suicide and Crisis Lifeline 988lifeline.org/: Support for people in suicidal crisis or emotional distress

JED foundation <a href="https://jedfoundation.org">https://jedfoundation.org</a> : 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: Free access to telehealth services for all Ramapo students

## **Culturally-Focused Mental Health Resources**

The Steve Fund <u>stevefund.org/</u>: 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 <u>naapimha.org</u>: 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 <u>asianmhc.org/</u>: AMHC aspires to make mental health easily available, approachable, and accessible to Asian communities worldwide

South Asian Mental Health Initiative & Network <u>samhin.org/</u>: 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) <u>aahiinfo.org/aahi-resources/#mental-health-resources</u>: The mission of the AAHI is to improve the health and wellness of Asian American communities

#### **Social Justice**

Asian Americans Advancing Justice (AAJC) <u>advancingjustice-aajc.org/</u>: AAJC advocates for an America in which all Americans can benefit equally from, and contribute to, the American dream

Stop AAPI Hate stopaapihate.org/: A U.S.-based coalition dedicated to ending racism and discrimin

South Asian Americans Leading Together (SAALT) <u>saalt.org</u>: 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) <a href="naqapia.org/">nqapia.org/</a>: 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

