



Resources for Asian Pacific Islander Desi American (APIDA) Students

Ramapo Offices

Center for Health and Counseling Services, D-216 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/affirmaction/

* To report bias-related incidents ramapo.edu/affirmaction/bias-related-complaint/

First-Generation Student Center, D-212C 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/: 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/ : 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/ : 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 ramapo.edu/counseling/ : Resources for mental health support

Suicide and Crisis Lifeline 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 : Free access to telehealth services for all Ramapo students

Culturally-Focused Mental Health Resources

The Steve Fund 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 : 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/ : AMHC aspires to make mental health easily available, approachable, and accessible to Asian communities worldwide

South Asian Mental Health Initiative & Network 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 : 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/ : 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 discrimination

South Asian Americans Leading Together (SAALT) 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/ : 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*