

# Asian American Mental Health Resources

[www.nqapia.org](http://www.nqapia.org)



## National Queer Asian Pacific Islander Alliance (NQAPIA)

A federation of LGBTQ+ Asian American, South Asian, Southeast Asian, and Pacific Islander organizations that helps build the capacity of local orgs and leadership. They also have an API Healer Network for folks to access.

[www.deqh.org](http://www.deqh.org)



## DeHQ: LGBTQ+ Helpline for South Asians

The first and only national Desi LGBTQ+ Helpline in the United States. They offer free, confidential, culturally sensitive peer support, information and resources for LGBTQ+ South Asian individuals, families and friends.

[www.nqttcn.com](http://www.nqttcn.com)



## National Queer & Trans Therapists of Color Network

A healing justice organization that actively works to transform mental health for queer and trans people of color in North America. They offer trainings, resources and a directory of therapists of color based on geography.

[www.asianmhc.org](http://www.asianmhc.org)



## Asian Mental Health Collective

Directory of Asian therapists, orgs and resources across the country that offer culturally competent support and destigmatize mental health within the community.

## Instagram Accounts with Mental Health Resources

- [@projectlotusorg](https://www.instagram.com/projectlotusorg)
- [@browngirltherapy](https://www.instagram.com/browngirltherapy)
- [@southasiantherapists](https://www.instagram.com/southasiantherapists)
- [@asianmentalhealthproject](https://www.instagram.com/asianmentalhealthproject)

[www.naapimha.org](http://www.naapimha.org)



## National Asian American Pacific Islander Mental Health Association

They promote the mental health and well being of Asian Americans, Native Hawaiians and Pacific Islanders. They have a list of AANHPI mental health and behavioral services/orgs by state.