There are a variety of mental health and self-care resources available for Asian Americans and Pacific Islanders. Some examples are included in this guide as a helpful starting point.

**NAMI Identity and Cultural Dimensions - AAPI**
Understand how culture and identity impact AAPI’s perceptions and experience of mental health conditions and how this can influence one’s mental health journey

**NAMI Blog**
Featuring the latest research, stories, of recovery, ways to end stigma, and strategies for living well from the voices and perspectives of Asian Americans and Pacific Islanders.

**Asian Mental Health Collective**
The AMHC aims to normalize and de-stigmatize mental health within the Asian community and make mental health easily available and approachable to Asian communities worldwide. The website features resources including:

- **Therapist Directory** for locating an Asian, Pacific Islander, and South Asian American (APISAA) therapist by state
- **Mental Health FAQ** to help yourself or loved ones who may be struggling with mental illness
- **Advancing Asian Mental Health** interview series featuring individuals and organizations paving the way for acceptance and normalization of Asian mental health issues
- **#myasianmentalhealth** is a community project aimed at sharing the journeys and experiences of members of the Asian Diaspora; read these inspiring stories and share your own

**Asian American Psychological Association**
The AAPA aims to advance the mental health and well-being of Asian American communities through research, professional practice, education and policy. The website provides access to a host of resources including:

- **COVID-19 Resources related** to mental health and self-care, responding to racism and xenophobia, parenting and caregiving, engaging with faith and spirit, and anti-stigma statements
- **Bullying Prevention Resource Guide for Parents** in English, Korean, Simplified Chinese, Traditional Chinese and Vietnamese
- **AAPA Undergraduate Consortium** offering information on university courses as well as research and volunteer opportunities for undergraduate students interested in studying topics on Asian Americans and psychology

(continued)
Social Action and Educational Resources for AAPI and Allies

• **Article** on the impact of racist incidents and COVID-19 on Asian American businesses
• **Video** featuring a panel discussion on the rise of anti-Asian violence in the U.S. and its repercussions
• **Resources and activities** to expand understanding of how the Coronavirus pandemic has led to increased racism against people of Chinese or Asian descent, and what you can do about it
• **Safety tips** for those experiencing or witnessing hate, available in English, Chinese Traditional, Chinese Simplified, Korean, Japanese, Tagalog, Thai, Mong, Punjabi, Hindi, Vietnamese, Bengali and Nepali
• **Stop AAPI Hate** A reporting center that tracks and responds to incidents of hate, violence, harassment, discrimination, shunning and child bullying against Asian Americans and Pacific Islanders in the U.S.

You Are Not Alone

Please be reminded that support is always available through the Employee Assistance Program. **CCA@YourService** can help you and your family members by providing free, confidential access to emotional and mental-wellbeing resources, including:

• 24/7 phone access to professional counseling
• Referrals to short-term professional counseling for any issue that’s on your mind
• Resources and referrals to support medication management, and self-care for mind, body and spirit
• Online articles, tips and self-assessments to help identify signs, symptoms and treatment options for various conditions

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www.myccaonline.com
There are a wealth of mental health and self-care resources to support you and your loved ones on your journey of self-discovery and wellbeing. The examples included here are intended to be a helpful starting point.

**Support and Education: Learn More to Reduce Stigma**

**Mental Health Conditions**
One in five US adults experiences mental illness each year. Odds are you or someone you care about has a mental health condition. Help yourself or your loved one by educating yourself on the condition, learn the signs, symptoms, causes, treatment options and supportive resources.

**PsychCentral**
PsychCentral is a clearinghouse of expert advice and credible information intended to help you explore your mental health and feel less alone in your journey of self-discovery. The site provides overviews and self-assessments for a number of mental health conditions, as well as timely articles on everything from “What Does a Panic Attack Feel Like,” to “Tips for Living with ADHD,” to “The Top 10 Free Mental Health Apps in 2021.”

**Screening Tools**

**Mental Health Screening Tools**
Online screening is a quick, free, and anonymous way to learn about your mental health and if you are experiencing symptoms of a mental health condition. A screening only takes a few minutes, and after you are finished you will be given information about the next steps you should take based on the results. A screening is not a diagnosis, but it can be a helpful tool for starting a conversation with your doctor or a loved one about your mental health.

Mental Health America (MHA) offers screening tools for depression (English/Spanish), anxiety (English/Spanish), PTSD, bipolar, postpartum depression, psychosis, eating disorders, addiction, and work health.

**Stress Screener**
A questionnaire developed to gauge how much stress you’re experiencing. Based on your answers, you’ll receive recommendations for supportive resources and next steps.

**Starting the Conversation**

**Seize the Awkward**
Having a conversation about mental health can be uncomfortable, but it can make all the difference. This site provides tools—from conversation guides to tips—that can help you help those in need.
Disclosing to Others
Ideally, the people around you will understand your illness and be supportive. You can give friends, family, and colleagues a better chance to help by thinking ahead about who, what, where, when, why and how to disclose your mental illness.

Uncomfortable but Important Conversations
A guide to help adolescents and teens recognize when it’s time to talk about mental health and determine the best person to talk to.

Making Informed Decisions About Care

Finding Care
Offers information and resource links to mental health treatment services in your community, including crisis services, affordable community mental health, individual providers, provider associations, provider organizations that serve specific audiences and specialized treatment and referral service organizations.

Finding the Right Care
This detailed fact sheet provides guidance on making an informed decision about which mental health professional and treatment approach are right for you, and how to determine if you’re getting the care you need.

Support for Youth and Adolescents

Your Child’s Mental Health
A screening tool that parents and caregivers can use to see if a child is having emotional, attentional, or behavioral difficulties.

Child Mind Institute Family Resource Center
Concerned about a child, but not sure where to start? Child Mind Institute’s Resource Finder allows you to check off the issues you’re noticing and provides a list of relevant tools and information to help you support a child struggling with mental health, behavior, or learning challenges.

JED Mental Health Resource Center
The JED Foundation’s Mental Health Resource Center provides essential information about common emotional health issues and shows teens and young adults how they can support one another, overcome challenges, and make a successful transition to adulthood.

National Child Traumatic Stress Network
NCTSN was created to raise the standard of care and increase access to services for children and families who experience or witness traumatic events. Be sure to check out their Pause, Reset, Nourish (PRN) to Promote Wellbeing handout.
**Mental Health Tools and Resources**

**Inner Explorer @ Home App**  
A free mindfulness app specifically designed for parents and caregivers to use with their children and which features daily guided mindfulness practices for all age-groups.

**Wisdom: The World of Emotions**  
Geared toward children ages 4-8, this free game is designed to build social-emotional learning skills through play. Parents and caregivers can play the game with their children and use supplemental hands-on activities to help their child practice healthy coping strategies and gratitude.

**DIY Worksheets**

**Dealing with the Worst-Case Scenario**  
Going to the worst-case scenario is one of the most common thinking traps we fall into. This pattern of thinking can result in ruminating in ways that pull you into a rut, bring your feelings down, make depression worse, cause you to avoid your responsibilities, and increase anxiety. Use this worksheet to reality test and find healthier thoughts.

**Managing Frustration and Anger**  
Anger and frustration are both common emotional responses that everyone faces. However, if these feelings become too intense, they can lead to both mental and physical distress, and cause problems in relationships. This worksheet can help you identify the emotions and thoughts behind your anger and frustration, and help you determine what you need to feel better.

**Physical Symptoms and Feelings Tracker**  
Your mental and physical health are strongly linked. This worksheet will help you to track your physical symptoms as well as the emotions and situations you experience each day. Seeing these things side by side may help you to notice patterns and find triggers to avoid in the future.

**Practicing Radical Acceptance**  
Radical acceptance is a practice that helps us evaluate situations and work to reduce the emotional burden of the reality of the situation like resentment, anger, hatred, or shame. This worksheet includes prompts to help you practice radical acceptance.

**Prioritizing Self-Care**  
When we have a lot on our plates or we are facing mental health challenges, it can feel easy to push our own needs to the side. However, making time for ourselves is essential to our overall well-being. Use this worksheet to help you better understand what is holding you back from taking time for yourself and your needs.

**Processing Trauma and Stress**  
After a traumatic experience, it can be helpful to get your thoughts outside of your head. Use this worksheet to write down your experiences and gain perspective about your situation.

**Staying Grounded**  
Do you feel like your mind is constantly racing through a million thoughts, thinking about the past, the future, or...
all the things that went wrong or could go wrong. This worksheet is designed to help you calm down and retrain your body and mind to stay grounded in the moment. The more you practice, the faster you’ll notice your body and brain responding well.

**Stopping Stupid Thoughts**
It’s hard to feel good when someone is saying mean things to you all the time, especially when that person is you! Follow this five-step exercise to stop negative thoughts and reframe them in a more compassionate way.

**What’s Underneath**
Taking the time to slow down and identify what you’re really experiencing can help you feel better and can improve your relationships with others. This worksheet will help you to build your emotional vocabulary to help you better understand and communicate your feelings.

**When Changing Sleep Habits is Hard**
You know the benefits of a good night’s sleep, but making changes to your sleep habits can be hard. This worksheet provides some questions to think about to help get you started.

**When Managing Stress is Hard**
You know stress is getting the better of you, but changing the way you manage stress is hard. This worksheet provides some questions to think about to help get you started.

**Financial Assistance for Prescription Medication**

**Medicine Assistance Tool**
A search engine that contains information on approximately 900 public and private assistance programs that help those with financial need get access to their prescription.

**GoodRx**
Find free coupons and save up to 80% off prescriptions.

**NeedyMeds**
A national non-profit that connects people to programs that will help them afford their medications and other healthcare costs.

**Additional Resources**

**Brightline**
The first comprehensive behavioral health solution designed to support kids, teens, and parents across a range of common family challenges.

**Choices in Recovery**
Support and information for people with Schizophrenia, Schizoaffective, and Bipolar Disorder and their caregivers, including Strategies for Success that can be used daily by people living with mental health conditions.

**DRK Beauty**
DRK Beauty is a well-being and mental health digital platform that helps womxn of color discover and craft their own unique well-being journey.
Equoo
A game that teaches individuals psychological skills in a fun and captivating way to deal with emotional and mental stressors in a healthy and productive fashion.

IDONTMIND
A mental health awareness campaign and lifestyle brand working to get people talking about their minds and to generate positive messaging about mental health. Check out their online journal for articles on all things mental health.

Make Sure Your Friends Are Okay
Through merchandise and social media, Make Sure Your Friends Are Okay is building a community of like-minded people who want to help us get the world talking.

Mental Health and COVID-19 Information and Resources
A compilation of articles, webinars, blogs, and podcasts about how to deal with the mental health struggles presented by the COVID-19 pandemic.

PositivePsychology.com
A science-based online resource of courses, techniques, tools, and tips to help you put positive psychology into practice. Be sure to check out their radical acceptance worksheets, including Focus on the Present for Radical Acceptance.

Postpartum Support International
The mission of Postpartum Support International is to promote awareness, prevention, and treatment of mental health issues related to childbearing in every country worldwide.

This Is My Brave
an organization that works to bring stories of mental illness and addiction out of the shadows and into the spotlight.

This Way Up
Online courses that teach practical, psychological skills designed to help you manage difficult emotions, tackle unhelpful thoughts, and gain control over symptoms of anxiety and depression. Be sure to check out their handout, Calming Your Emotions During the COVID-19 Pandemic.

Yoga Pose
The largest free digital library of yoga poses searchable by ailment to help alleviate symptoms of both mental and physical illnesses.

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When someone you care about is having a hard time, it’s important to trust your instincts and reach out. Below are suggestions and resources to help start the conversation, offer support, and look out for yourself in the process.

**SIGNS THAT SOMEONE YOU CARE ABOUT IS STRUGGLING**

Consider changes in behavior, mood, and mindset

**They seem distant:** If a friend is withdrawing from activities they usually enjoy, calling in sick to work, not returning calls or avoiding social gatherings, it’s a good time to check in.

**Their habits have changed:** Not getting enough sleep or staying in bed more than usual can be warning signs. Likewise, eating more or less than normal can indicate that someone is having a hard time and may need support.

**They’re not themselves:** Extreme changes in mood or behavior—*excessive worry*, paranoia, increased agitation, irritation and anger—are warning signs that you shouldn’t ignore.

**They’re negative or act hopeless:** Even when a friend is hesitant to share what’s going on inside, they may express increased negativity in casual conversation or comments online. Don’t ignore these potential cues that they’re *having a hard time*.

**They’re taking more risks:** When a friend is using drugs or alcohol to cope, harming themselves or disregarding their personal safety and well-being, it’s time to take action.
HOW TO START THE CONVERSATION

Be relaxed and nonjudgmental:
Acknowledging a friend’s concerning behavior can make them defensive and push you away. Instead of, “Why don’t you show up to game night anymore?” try, “I feel like we haven’t seen each other in forever, can we meet for lunch or a walk?” It can also help to find a relaxed time and place that puts you both at ease.

Be the first to open up: If someone isn’t receptive to meeting up or sharing their thoughts, your honesty and openness can help lower their defenses. Try an approach like, “Things feel really overwhelming lately, I could use one of our talks. Can we make time this week?”

Don’t give up: No matter how understanding and careful your approach, your friend may not be ready to have the conversation or accept support. Remember that mental health struggles can impact the way people perceive situations or view themselves. If concerns continue or escalate, you might enlist the help of other friends, family members, faculty or trusted coworkers.

HOW TO KEEP THE MOMENTUM GOING

If friends open up but are embarrassed or anxious to reach out for help on their own, offer to navigate the process with them. This might include researching options online and finding providers who take their insurance. You may also offer to go with them to an appointment or touch base afterward.

Taking on the burden of a friend in emotional distress can be overwhelming. It’s important to recognize your limits, set boundaries and reach out for help if you need it.

Please be reminded that the Employee Assistance Program, CCA@YourService, offers you and your family free, confidential, 24/7 access to professional counseling for any issue that’s on your mind, as well as provider location and referrals for everyday needs, including support groups, volunteer opportunities, health and wellness practitioners, and more.

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I want to prioritize my mental health

Whatever your goals, CCA@YourService can assist!

Free and confidential for you and your family members, the program provides a range of emotional wellbeing resources such as:

- In-the-moment support, with referrals to short-term professional counseling
  - Stress and anxiety
  - Grief and trauma
  - Family and relationship concerns
  - Life transitions
  - Addiction and recovery
- Articles, tips and self-assessments to help identify signs, symptoms and treatment options for various conditions
- Referrals and provider location assistance
  - Medication management
  - Long-term or specialized care
  - Self-care for the mind, body and spirit

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