

Asian American  
Bar Association  
of New York

# WELLNESS RESOURCES

## MENTAL HEALTH IN LAW

- [New York City Bar Mindfulness and Well-Being Toolkit](#)
- [Institute for Well-Being in Law](#)
- [Lawyer Assistance Program \(LAP\) Resources](#)
  - [NYC LAP Brochure](#)
- [ABA Commission on Lawyer Assistance Programs \(CoLAP\)](#)
- [Mindfulness in Law Society \(MILS\)](#)

## OTHER MATERIALS AND RESOURCES

- [National Council for Mental Wellbeing: Mental Health First Aid Training](#)
- [National Alliance on Mental Health \(NAMI\)](#)
  - [NAMI New York State & NAMI New York City Metro: AAPI](#)
- [Gayle Damiano \(Certified Addiction Recovery Coach\)](#)
- [Pema Solution: The Mindful Minutes Newsletter](#)
- [Monday Mindfulness Pause \(virtual 15-minutes pause\)](#)
- [Anti-bias Education Resource Guide:](#)  
RespectForAll@schools.nyc.gov for additional support
- [American Psychiatric Association: What is Mental Illness?](#)
- [The Perfect Pitch Group](#)

## LAW STUDENT MENTAL HEALTH

- [The Harvard Law Record: 1Ls, Prioritize Mental Health](#)
- [Yale Law School: Reports Finds Ongoing Challenges for Asian American in Law](#)



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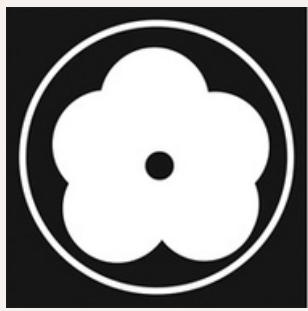
# WELLNESS RESOURCES

## DIVERSITY AND EQUITY WELLNESS RESOURCES

- NYC Mental Health Resources for LGBTQI+ Community
- Be More with Anu: Be More Corner- Healing & Breaking Bias
- The Trevor Project (LGBTQ+ Crisis Support)
- Asian Mental Health Project
- South Asian SOAR (Survivors of Assault and Rape)
- Asians Do Therapy

## CRISIS SERVICE AND HOTLINES

- ***988 Suicide and Crisis Lifeline:*** call 988 or text Got5 to 741741
- ***Substance Abuse and Mental Health Services Administration (SAMHSA):*** call 1-800-662-4357 (or TTY: 1-800-487-4889)
- ***Disaster Distress Helpline:*** call 1-800-985-5990
- ***National Domestic Violence Hotline:*** call 1-800-799-7233
- ***National Child Abuse Hotline:*** call 1-800-4AChild (1-800-422-4453)
- ***National Sexual Assault Hotline:*** call 1-800-656-HOPE (1-800-656-4673)
- ***NYS Domestic and Sexual Violence Hotline:*** call 1-800-942-6906, text 844-997-2121
- ***NYC Well:*** Text "WELL" to 65173 or call 1-888-NYC-WELL



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## CULTURALLY-RELEVANT MENTAL HEALTH PROFESSIONALS

- Tips for Finding a Culturally Competent Provider (NAMI)
- Anise Health
- The Black Therapy Network
- Therapy for Black Girls
- Inclusive Therapists: Inclusivetherapists.com
- Asian Mental Health Collective: asianmhc.org
- South Asian Therapists: southasiantherapists.org
- Korean American Family Service Center: www.kafsc.org
- Asian American Psychological Association
- Asian American Federation: Mental Health Directory
- Better Help (App)

## INPATIENT CARE

- NYC Health + Hospitals - Specialized community care programs
- Gracie Square Hospital - Inpatient psychiatric Asian program
- Mental Hygiene Law - Admissions Process

## RESOURCES FOR OLDER ADULTS

- National Council on Aging
- NYC Department for the Aging (DFTA)