



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](#)
 - [NYC Bar Association LAP](#)
 - [NY State Bar Association LAP](#)
 - [Suffolk County Bar Association LAP](#)
- [ABA Commission on Lawyer Assistance Programs \(CoLAP\)](#)
- [Mindfulness in Law Society \(MILS\)](#)

CAREER RESOURCES

- [Gayle Damiano](#) - Transformation Coach, Motivational Speaker
- [Celina Lee](#) - Speaker, Career Coach, Podcast Host
- [Resistant Vision](#) - Michelle Thompson: Lawyer, Scholar
- [Perfect Pitch Group](#) - Innovative sales, learn to pitch yourself

MENTAL WELLNESS AND MINDFULNESS

- [Generation S.O.S.](#)
- [Monday Mindfulness Pause](#) - virtual 15-minute pause
- [American Psychiatric Association: What is Mental Illness?](#)
- [National Council for Mental Wellbeing: Mental Health First Aid Training](#)
- [National Alliance on Mental Health \(NAMI\)](#)
- [The Daily Buddhist](#)
- [Dr. Terry Nguyen](#) - Adulting with ease & flow



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DIVERSITY AND EQUITY WELLNESS

- [NYC Mental Health Resources for LGBTQI+ Community](#)
- [The Trevor Project \(LGBTQ+ Crisis Support\)](#)
- [Asian Mental Health Project](#)
- [NAMI New York State & NAMI New York City Metro: AAPI](#)
- [South Asian SOAR \(Survivors of Assault and Rape\)](#)
- [Asians Do Therapy](#)
- [Korean American Family Service Center](#)
- [Black Mental Wellness](#)
- [Be More with Anu](#) - Anu Gupta: Author, Keynote Speaker, Lawyer, Entrepreneur

MENTAL HEALTH PROFESSIONALS

- [Tips for Finding a Culturally Competent Provider \(NAMI\)](#)
- [Anise Health](#) - Culturally-attuned mental healthcare
- [Therapy for Black Girls](#)
- [Inclusive Therapists](#)
- [Asian Mental Health Collective](#)
- [South Asian Therapists](#)
- [Asian American Psychological Association](#)
- [Asian American Federation: Mental Health Directory](#)
- [Better Help](#)
- [Arriving Full Circle](#) - Telehealth therapy practice for women by women

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WELLNESS RESOURCES

CRISIS SERVICE AND HOTLINES

- 988 Suicide and Crisis Lifeline: call 988 or text Got5 to 741741
- Substance Abuse and Mental Health Services Administration: 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 or text 844-997-2121
- NYC Well: call 1-888-NYC-WELL or text "WELL" to 65173

INPATIENT CARE

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

RESOURCES FOR OLDER ADULTS

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

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