



## PRE-HOLIDAY MULTI-BAR ASSOCIATION GATHERING: WELLNESS RESOURCES PROGRAM

### CLE MATERIALS

- Report and Recommendation of the NYSBA Task Force on Attorney Well-Being
- Lawyer Assistance Program (LAP) Resources
  - NYC LAP Brochure
- Lawyers Depression Project: About
  - Mental Health Resources
  - Bibliotherapy: Books by and for Legal Professionals



### LAW STUDENT MENTAL HEALTH

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

### OTHER MATERIALS AND RESOURCES

- New York City Bar Mindfulness and Well-Being Toolkit
- Institute for Well-Being in Law
- 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
- Black Yoga Magic: Worldwide Yoga Directory featuring Teachers of the African Diaspora
- Gayle Damiano (Certified Addiction Recovery Coach)
- NYC Mental Health Resources for LGBTQI+ Community
- Be More with Anu: Be More Corner- Healing & Breaking Bias
- 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
- Why Asian-American and Pacific Islander Don't go to Therapy
- American Psychiatric Association: What is Mental Illness?





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### 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

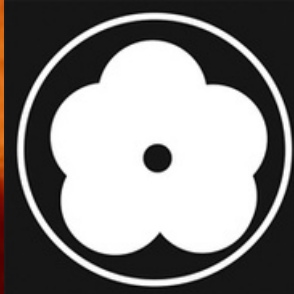
### CULTURALLY-RELEVANT MENTAL HEALTH PROFESSIONALS

- ***Tips for Finding a Culturally Competent Provider*** (NAMI)
- ***Anise Health***
- ***Black Therapist 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***





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### RESOURCES FOR OLDER ADULTS

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

### RESOURCES FOR HATE CRIME AND HATE INCIDENT REPORTING IN NYC

- How to report a hate crime/incident
  - NYPD Hate Crimes: 1-888-440-HATE (888-440-4283)
  - NYC Commission on Human Rights: (212-416-0197)
- Office for the Prevention of Hate Crimes:
  - 1-888-NYC-SAFE (1-888-692-7233) if you notice potentially dangerous activity on an MTA bus, subway or railroad
  - 1-877-NO-HATE-NY (1-877-664-28369) to provide tips relating to hate crimes
- AAPI Hate Crime Victims Guide to Help
- Youth Leadership Council Against Hate
- NYC Mayor's Office of Immigrant Affairs (MOIA)
- NYPD Asian Hate Crime Task Force:
  - 1-646-610-5267, available 24/7 to connect you to an Asian representative: Confidential, no immigration status is needed
- APA resources for coping with mass shootings/gun violence
- AABANY Hate Eradication Active Response Team (HEART)
- Asian American Legal Defense and Education Fund, #StopAsianHate Project:
  - 1-212-966-5932, StopAsianHate@aaldef.org

### LEARNING AND DEVELOPMENT

- Right to Be trainings
  - Bystander Intervention to Stop Anti-Asian Harassment
  - Bystander Intervention to Stop Islamophobic Harassment
  - Bystander Intervention to Stop Antisemitic Harassment
- Asian American Advancing Justice (AAJC) programs
- Asian Resources Hub