WELLNESS RESOURCES

MENTAL HEALTH IN LAW

- New York City Bar Mindfulness and Well-Being Toolkit
- Institute for Well-Being in Law
- Lawyers Depression Project

DIVERSITY & EQUITY

WELLNESS RESOURCES

- Black Yoga Magic: Worldwide Yoga Directory featuring Teachers of the African Diaspora
- NYC Mental Health Resources for LGBTQI+ Community
- Be More with Anu: Be More Corner - Healing & Breaking Bias

OTHER MATERIALS AND RESOURCES

- National Council for Mental Wellbeing: Mental Health First Aid Training
- National Alliance on Mental Health (NAMI)
  - NAMI New York State
- Gayle Damiano (Certified Addiction Recovery Coach)
- Pema Solution: The Mindful Minutes Newsletter
- Monday Mindfulness Pause (virtual 15-minute pause)
- American Psychiatric Association: What is Mental Illness?
- Celina Lee Coaching
- The Perfect Pitch Group

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WELLNESS RESOURCES

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

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 (1-800-656-4673)
- 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
WELLNESS RESOURCES

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 - Impatient psychiatric Asian Program
- Mental Hygiene Law - Admissions Process

RESOURCES FOR OLDER ADULTS

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