

## Resources for Organizations Working with Asian and Pacific Islander Communities

Each Mind Matters: California's Mental Health Movement highlights the collective efforts of all people and organizations that want to put an end to stigma related to mental illness, promote mental health, prevent suicide, and create communities across California where everyone feels comfortable reaching out for the help and support they deserve. Each Mind Matters has worked with diverse community members to create a range of resources to reflect the cultural and linguistic diversity of the state. For more information visit [www.eachmindmatters.org](http://www.eachmindmatters.org). Materials can be downloaded in the Resource Center on [www.yourvoicecounts.org](http://www.yourvoicecounts.org). For mini documentaries, radio and TV PSAs please email [info@eachmindmatters.org](mailto:info@eachmindmatters.org).

### EACH MIND MATTERS EDUCATIONAL RESOURCES AND OUTREACH MATERIALS

#### In Chinese

- [Suicide Prevention Poster and Brochure](#)
- [Suicide Prevention Print Ad](#)
- [Chinese American Mental Health Guide 8.5 by 11 \(Traditional, Simplified\)](#)
- [Mental Health Myths vs. Facts](#)



#### In Hmong

- [Suicide Prevention Postcard and Tent Card](#)
- TV and Radio PSAs
- [Mental Health Terms](#)
- [Mental Health Myths vs Facts](#)
- Story of Hope Booklets: [Chamee](#), [Karissa](#), [Koua](#), [Chicheng](#) and [Seth](#), and [Selena](#)



#### In Khmer

- [Suicide Prevention Poster and Brochure](#)
- [Mental Health Terms](#)
- [Mental Health Myths vs Fact](#)
- [Mental Health Mini Documentary](#)
- Radio PSA about Depression and PTSD

#### In Korean

- [Suicide Prevention Poster and Brochure](#), and [Print Ad](#)
- [Mental Health Myths vs. Fact](#)

## In Lao

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- [Suicide Prevention Poster and Brochure](#)
- [Mental Health Terms](#)
- [Mental Health Myths vs Facts](#)
- [Personal Story of Hope](#)
- TV and Radio PSAs (Depression and PTSD)
- Mini Documentary



## In Mien

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- [Mental Health Terms](#)
- [Mental Health Myths vs Facts](#)
- Story of Hope booklets: [Annabela](#), [Meuy](#) and [Vincent](#)



## In Tagalog

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- [Suicide Prevention Poster and Brochure](#)

## In Vietnamese

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- [Suicide Prevention Poster and Brochure](#)
- [Mental Health Myths vs. Facts](#)

## In Japanese

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- A youth-produced 60-second [film](#) in Japanese with English subtitles about suicide prevention developed as part of the Directing Change Program. (Visit [www.directingchange.org](http://www.directingchange.org) and click on Films for Diverse Communities.)

## Additional Resources

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- Vignettes that share stories of mental health, hope, resilience and recovery from an Asian and Pacific Islander perspective:
  - <http://www.eachmindmatters.org/story/lao/> (In Lao)
  - <http://www.eachmindmatters.org/story/chua-cher/> (In Hmong)
  - <http://www.eachmindmatters.org/story/sam/> (In Khmer)
  - <http://www.eachmindmatters.org/story/emily/> (In English)
  - <http://www.eachmindmatters.org/story/dennis/> (In English)
- An animated teen narrative located on the Walk In Our Shoes website at:
  - <http://www.walkinourshoes.org/our---stories/mai>



- The Hmong *Stories of Hope* audio collection is a community outreach resource developed by the Asian American Task Force (AATF) to serve the Hmong community in Riverside County. The audio *Stories of Hope* features three stories about Hmong families and their experiences in working through their mental health challenges. AATF is a group of concerned stakeholders dedicated to increasing mental health awareness, stigma reduction, access to culturally relevant mental health services including prevention and early intervention. View the Stories Hope Collection here: <https://vimeo.com/200272602>

## CALIFORNIA RESOURCES

**In Our Own Words: The California Reducing Disparities Project's** Asian Pacific Islander Workgroup Population Report includes a list of promising programs and strategies for working with API as well as a wealth of information about API mental health and how to improve outreach, services and penetration into API communities. Read the report at <http://crdp.pacificclinics.org/files/resource/2013/04/Report.pdf>

**Disability Rights California's** web site and fact sheets provide useful information about stigma, discrimination, and advocacy and are available in Korean, Chinese, Vietnamese and Khmer. <http://www.disabilityrightsca.org/CalMHSA/CalMHSAfactsheets.html>

These two publications present some common barriers related to mental health shared by students from historically marginalized racial and ethnic backgrounds, and will describe how resources specific to the community college system can help support their access to mental health services.

- **Student Mental Health Program Guide to Culturally Responsive Services for Asian American and Pacific Islander (AAPI) Student Success Guide** at: <http://cccstudentmentalhealth.org/docs/CCCSMHP-AAPI-Student-Success.pdf>
- **Community College Student Mental Health Program's Guide to Supporting Students from Diverse and Ethnic Backgrounds** <http://cccstudentmentalhealth.org/docs/SMHP-Diverse-Racial-Ethnic-Students.pdf>

The **Family Acceptance Project** is a San Francisco-based program that has developed training and educational materials to support lesbian, gay, bisexual and transgender youth and their families. They also conduct original research. Their 24-page brochure, *Supportive Families, Healthy Children*, is available in Chinese. It provides guidance to families and foster families to help them provide support to their gay and transgender children and adolescents. Videos and publications are available at no cost from their website: <http://familyproject.sfsu.edu/publications>

The **California Asian Pacific Islander Legislative Caucus** maintains a Community Resources page with links to organizations and programs that offer a wide range of services and activities. <http://apicaucus.legislature.ca.gov/community-resources>

The **Asian and Pacific Islanders California Action Network** works to promote health, social and economic equality for API communities. Their web site offers a useful overview of policy and legislative initiatives as well as a listing of local, regional and statewide API service organizations. <http://apiscan.org>

The **Suicide Prevention Lifeline** 1-800-273-TALK(8255) provides 24/7 crisis intervention services from trained counselors at crisis centers throughout California. Callers are routed to the nearest crisis center based on their area code. Each crisis center has access to tele-interpreter services around the clock to respond to callers in 150 languages. The **Didi Hirsch Mental Health Center** operates a Korean language crisis line (1-877-7CRISIS (1-877- 727-4747) between 6:30am-2:30pm daily.

## REGIONAL CALIFORNIA RESOURCES

**SSG Mental Health Alliance** is a public/private partnership of 6 mental health organizations that work together to provide an effective, culturally competent, community-based system of care as an alternative to the hospital-based system for Asian and Pacific Islander clients with severe mental illness in the Los Angeles area.

<http://www.ssgapialliance.org>

**Asian Pacific Community Counseling** serves provides counseling and mental health support services to the API community in the Sacramento area. <http://apccounseling.org/about/>

**Pacific Asian Counseling Services** provides mental health services for MediCal eligible children and adults in the greater Los Angeles area. They have significant cultural and linguistic expertise in serving refugee and immigrant API populations. They have brochures for their services in the following languages: Chinese, Khmer, Japanese, Korean, Samoan, Spanish, Tagalog, Vietnamese, and English. <http://pacsla.org>

**Pacific Clinics** offers behavioral health prevention, early intervention, treatment, training, and advocacy throughout Los Angeles, Orange, Riverside, San Bernardino, and Ventura Counties. <http://www.pacificclinics.org>

The **Asian Family Institute** is a program of the Richmond Area Multi-Service, Inc. that provides culturally competent behavioral health services with an emphasis on serving the Asian Pacific Islander communities in the Bay Area <https://www.ramsinc.org/afi.html>

The **NICOS Chinese Health Coalition** is a public-private community partnership of over 30 organizations whose mission is to improve the health of San Francisco's Chinese community. The Coalition supports several projects and initiatives relates to behavioral health and also provides some training and technical assistance through its partners. <http://www.nicoschc.org>

The **San Francisco Bay Area Chinese Community Depression Education Project** has developed a range of developing culturally sensitive Chinese and English assessment and educational materials that support community and primary care based approaches to outreach, linkage to care, and intervention. <http://www.csueastbay.edu/class/departments/socialwork/cdep/>

## NATIONAL RESOURCES

The **National Asian Pacific Islander Mental Health Association (NAAPIMHA)** implements campaigns, provides interpreter trainings to providers in California and a few other states, and provides technical assistance to in-state agencies and organizations. <http://naapimha.org> With the support of NAAPIMHA, the **National Asian American Pacific Islander Empowerment Network** is a California-based advocacy group that works to develop leadership from within the API community who have direct experience of mental health challenges. Their goal is to improve the service delivery system for API consumers.

The **White House Initiative on Asian Americans and Pacific Islanders** works to improve the quality of life for Asian American and Pacific Islander people through increased access to and participation in federal programs. Their website includes an infographic and fact sheet about the initiative's work, links to research and data on API mental health issues, and information about grants and funding resources. <http://sites.ed.gov/aapi/>

The **National Alliance on Mental Illness (NAMI)** compiled an API Outreach Resource Manual that outlines strategies to improve mental health outreach and access to services for the API community. The manual provides information about API mental health as well as resources for organizations including model programs and best practices. <http://www.dbhds.virginia.gov/library/cultural%20and%20linguistic%20competence/provider%20material/diverse/asian%20american%20outreach%20manual.pdf>

The website of the **National Asian Pacific American Families Against Substance Abuse** provides information about mental health, substance abuse, and gambling. The site includes a locator for substance abuse and/or mental health agencies that serve Asian Americans and Pacific Islanders. <http://napafasa.org>

**Selected Patient Information Resources in Asian Languages (SPIRAL)** provides information, tools and resources on a wide range of health issues, including mental health topics. <http://spiral.tufts.edu>

The **Culturally and Linguistically Appropriate Services Institute (CLAS)** identifies, evaluates, and promotes effective and appropriate early intervention practices and preschool practices that are sensitive and respectful to children and families from culturally and linguistically diverse backgrounds. <http://clas.uiuc.edu>

## INTERNATIONAL RESOURCES

The **World Health Organization** published a suicide prevention series in Chinese, Bengali, and Japanese that includes resources for different professional providers, professional groups, and survivors of suicide loss. [http://www.who.int/mental\\_health/resources/preventingsuicide/en/](http://www.who.int/mental_health/resources/preventingsuicide/en/)