

## **AAPI Resources for Mental Health:**

Asians Do Therapy: <https://asiansdotherapy.com/>

Asians for Mental Health: [linktr.ee/asiansformentalhealth](https://linktr.ee/asiansformentalhealth)

Asian Mental Health Collective: <https://www.asianmhc.org/>

Asian Mental Health Project: <https://asianmentalhealthproject.com/>

Brown Girl Therapy: [linktr.ee/browngirltherapy](https://linktr.ee/browngirltherapy)

Inclusive Therapists: <https://www.inclusivetherapists.com/>

Melanin Mental Health: <https://www.melaninandmentalhealth.com/>

Misfortune Cookies Podcast

National Asian American Pacific Islander Mental Health

Association: <https://www.naapimha.org/>

Project Lotus: <https://www.theprojectlotus.org/>

South Asian Therapists: <https://southasiantherapists.org/>

The Allied Minds: [linktr.ee/thealliedmindsco](https://linktr.ee/thealliedmindsco)

## **Somatic Specific Therapy Sites:**

Somatic Experiencing: [traumahealing.org](https://traumahealing.org)

Generative Somatics: <https://generativesomatics.org/>

Sensorimotor Psychotherapy: <https://sensorimotorpsychotherapy.org/>