AAPI Resources for Mental Health:

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

Asians for Mental Health: linktr.ee/asiansformentalhealth

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

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

Brown Girl Therapy: 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

**Somatic Specific Therapy Sites:**

Somatic Experiencing:  traumahealing.org
Generative Somatics: https://generativesomatics.org/

Sensorimotor Psychotherapy: https://sensorimotorpsychotherapy.org/