



# AAPI EQUITY ALLIANCE

## Post-Election Resource Guide

*Last Updated: Nov 18, 2024 at 2 PM*

*This guide is continuously updated with new resources, please check back for updates.*

AAPI Equity Alliance [shares the grief](#) of millions of Americans across the country concerned about the President-elect. With our coalition of nearly 50 member organizations, we produced this Post-Election Resource Guide with **mental health and anti-hate resources** for Asian Americans and Pacific Islanders (APIs) to process and navigate what's to come.

**If you or someone you know is in need of support, please share this guide.**

We have done our best to vet each resource. If you encounter any issues, please email us at [info@aapiequityalliance.org](mailto:info@aapiequityalliance.org).

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- *Additional resources coming soon!*

# Mental Health

## *Health and Mental Health Centers and Organizations*

### Suicide & Crisis Lifeline

Provides 24/7, free and confidential support for people in distress and prevention and crisis resources. Translation in more than 240 additional languages through [Language Line Solutions](#) is available 24/7 through voice calling ONLY.

Dial 988 or chat online at <https://988lifeline.org/chat/>

### Los Angeles County Department of Mental Health

LACDMH supports the wellbeing of county residents and communities through crisis services, mental health referrals, and emotional support. LACDMH's Helpline is available 24/7 to provide mental health support, resources and referrals

**Contact/Website:** (800) 854-7771; <https://dmh.lacounty.gov/resources/>

### The Trevor Project

The Trevor Project is the leading suicide prevention and crisis intervention nonprofit organization for LGBTQ+ young people. We provide information & support to LGBTQ+ young people 24/7, all year round.

**Suicide Lifeline:** 1-866-488-7386

**Chat and Text:** <https://www.thetrevorproject.org/get-help/>

### Teen Line

Provides immediate emotional support and resources to teens in distress. Counselors available from 6-10pm PT.

**Contact:** (310) 855-4673; TEXT TEEN to 839863

### Chinatown Service Center (CSC)

CSC's behavioral health department provides therapy for individuals, children, older adults, couples, and families. They also provide community workshops and training in Mental Health First Aid, Anti-Asian Hate Bystander training (in English, Mandarin, and Cantonese), Parenting classes (Mandarin and Cantonese), and victim support resources.

**Languages:** English, Spanish, Mandarin, Cantonese, Toisanese (please call for availability)

**Contact:** (213) 808-1720 (Behavior Health Clinic Main Line) , 8:30am-5pm

**Website:** <http://www.cscla.org/>

#### **Locations:**

- Monterey Park: 855 S. Atlantic Blvd, Monterey Park, CA 91754 (more limited services)
- Alhambra: 320 S. Garfield Ave #202, Alhambra, CA 91801
- Downtown: 767 N. Hill St. Suite 400B, Los Angeles, CA 90017 (intake will help with location assignment)

### Asian Pacific Counseling and Treatment Centers (APCTC)

Mental health center in LA County meeting the needs of Asian Pacific immigrants and refugees. APCTC offers counseling and case management for adults and youths, as well as community education and workshops at multiple locations throughout the LA Area.

**Languages:** Mandarin, Cantonese, Korean, Tagalog, Thai, and Spanish (dependent on provider availability).

**Website:** <https://www.apctc.org/>

**Contact:** (213) 252-2100

**Location:** Main Office: 520 S. Lafayette Park Place, Suite 300, Los Angeles, CA 90057; M-F 8:45am-5:15pm; Please see website for full list of locations and direct contact.

### **Pacific Asian Counseling Services (PACS)**

PACS provides culturally sensitive and language specific mental health including individual/family/group counseling, psychiatric consultation, case management, and other services, with expertise in immigrant Asian Pacific Islander populations.

**Languages:** Depending on staffing and location, services are offered in Chinese (Cantonese, Mandarin), English, Japanese, Korean, Khmer (Cambodian), Spanish, Tagalog, Samoan, and Vietnamese. Services may be limited to residents.

**Contact:** Main Office: (310) 337-1550 or [referral form](#); M-F 9am-6pm

**Website:** <https://pacsla.org/>

**Telehealth:** Yes, currently offering

**Insurance:** Medi-Cal

### **Search to Involve Pilipino Americans (SIPA)**

SIPA is a nonprofit organization serving Historic Filipinotown and other neighborhoods throughout Greater LA County. Offers mental health services including 1:1 youth and adult counseling, support groups, community training, and wellness workshops for those impacted by trauma, hate incidence, and/or violence. Additional services include referral navigation, mobile health clinics, health insurance applications, food distributions, health education, and life skills workshops.

**Languages:** Filipino/Tagalog, Spanish, and English.

**Contact:** 213-382-1819; [info@sipacares.org](mailto:info@sipacares.org); Fill out their general inquiry form: [bit.ly/helloSIPA](http://bit.ly/helloSIPA) (English), <http://bit.ly/kamustaSIPA> (Filipino/Tagalog), or <http://bit.ly/holaSIPA> (Spanish).

**Locations:**

- SIPA HQ within HiFi Collective: 3200 W Temple St. STE 100, Los Angeles CA 90026
- HiFi Well-Being Center within Lucena on Court: 1919 W Court Street, Los Angeles CA 90026

**Telehealth:** Yes, currently offering

**Insurance:** SIPA provides free therapy regardless of insurance and immigration status.

Inquiry form: <http://bit.ly/helloSIPA>; Email: [info@sipacares.org](mailto:info@sipacares.org)

### **South Asian Network**

SAN is a community based organization providing health care and mental and emotional health services including individual and group therapy, free mental health counseling, case management services, workshops and healing circles.

**Languages:** Hindi, Pashto, Urdu, Punjabi, and English.

**Contact:** 562-403-0488; Request Service Form:

<https://southasiannetwork.org/request-a-service/>

**Website:** <https://southasiannetwork.org/>

**Locations:**

- Artesia: 18173 Pioneer Blvd, Suite I, Artesia, CA 90701
- Little Bangladesh (Koreatown): 154 S Vermont Ave, Los Angeles CA 90004

**Insurance:** Accepts insured and uninsured clients.

### [Pacific Clinics](#)

California's largest community-based nonprofit provider of behavioral and mental health services and supports. <https://www.pacificclinics.org/>

- Asian Pacific Family Center: Provides culturally sensitive and language specific 1:1 therapy counseling across the lifespan (children and youth, adult and older adult) within the San Gabriel Valley area.
  - **Languages:** In Cantonese, Mandarin, Vietnamese, and.
  - **Contact:** (626) 287-2988; [Oswald.perales@pacificclinics.org](mailto:Oswald.perales@pacificclinics.org)
  - **Location:** 9353 Valley Blvd C, Rosemead, CA 91770; M-F 9am-5pm
- APFC-East/Multicultural Family Center: Multicultural Family Center providing linguistic and culturally responsive prevention and clinical services to children, youth, parents/caregivers, and families in the San Gabriel Valley.
  - **Languages:** In English, Mandarin, and Spanish, Korean.
  - **Contact:** (626) 839-0300; [Oswald.perales@pacificclinics.org](mailto:Oswald.perales@pacificclinics.org)
  - **Location:** 18623 Gale Ave. City of Industry CA 91748; M-F 9am-5:30 pm

### [Garfield Health Center](#)

Located in Monterey Park, GHC Mental Health department will provide instant consultation and support for all victims and their families who need mental health assistance with two psychologists, and one social worker, but are not accepting pediatric patients under five at this time. If you need or know anyone in need of someone to talk to about this tragedy or anxiety, please call us.

**Languages:** In Mandarin, Spanish, and English.

**Contact/Website:** (626) 300-9980; 626 307-7397; 626-927-0838 (Rosemead);

<https://www.garfieldhealthcenter.org/>; [shirley.zhong@garfieldhealthcenter.org](mailto:shirley.zhong@garfieldhealthcenter.org)

**Insurance:** Medi-cal and others. Call (626) 927-0838 to verify your insurance. You do not need medical insurance to receive quality health care services from us.

### [National Asian American Pacific Islander Mental Health Association \(NAAPIMHA\)](#)

NAAPIMHA promotes and redefines the mental health and well being of the Asian American, Native Hawaiian, and Pacific Islander individuals and communities. They are hosting **two FREE virtual, nonpartisan election season spaces** for folks looking to process their thoughts, emotions, anxieties, and center their mental health during this election season in the form of:

- Facilitated Wellness During Election Season Listening Sessions led by mental health professionals on select Wednesdays at 4-5 pm PT / 7-8 pm ET:
  - Wednesday, Jan 15, 2025
  - Register [here](#).
- Monthly Vote for Wellness Check-in Spaces on the last Tuesday of the month at 4-5 pm PT / 7-8 pm ET:
  - Tuesday, Nov 26, 2024
  - Tuesday, Jan 28, 2025
  - Register [here](#).

## Therapy

### [Asian Mental Health Collective](#)

This directory helps you find an Asian/Asian American therapist. Search by your state. Language, payment options, and insurance coverage vary by therapist. For Asian organizers, they are opening a special application period post-election. Awardees will have 8 sessions of in-person or virtual therapy with a licensed Asian therapist covered over the course of 3 months. Applications close on November 22 | 11:59 PM ET.

**Website:** <https://www.asianmhc.org/>, <https://www.asianmhc.org/asian-organizer-therapy-fund/>

### [Yellow Chair Collective](#)

Yellow Chair Collective is a group practice specializing in mental health care for Asian Americans. Language, payment options, and insurance coverage vary by therapist.

**Contact/Website:** <https://yellowchaircollective.com/contact>

### [Anise Health](#)

Anise Health is a digital mental health program that provides AAPI therapists paired with coaches to provide culturally responsive mental health treatment.

**Website:** <https://www.anisehealth.co/>

### [Open Path Collective](#)

Nonprofit nationwide network of mental health professionals providing in-office and online mental health care. They do not take insurance, but they offer affordable rates (\$30-\$40 per session). They require a one-time fee (\$65 for a lifetime membership) that supports their mission.

**Website:** <https://openpathcollective.org/>

## Other Resources

### [National Alliance on Mental Illness](#)

NAMI Urban Los Angeles (NULA) provides education about severe brain disorders, supports increased funding for research, and advocates for adequate health insurance, housing rehabilitation, and jobs for people with serious psychiatric illnesses in communities of color.

**Contact/Website:** (323) 294-7814; <https://www.namiurbanla.org/resources>

### [Access to Prevention Advocacy Intervention and Treatment \(APAIT\)](#)

APAIT has over two decades of experience in providing culturally appropriate behavioral health treatment, counseling, and social support to LGBTQ+ and HIV impacted communities. Their team of counselors and licensed social workers are here to provide treatment and counseling to help you cope with life stressors and mental health conditions.

**Locations/Contact:**

- 3055 Wilshire Blvd. Suite 300, Los Angeles, CA 90010; (213) 375-3830
- 12832 Garden Grove Blvd. Suite E, Garden Grove, CA 92843; (714) 636-1349

# **Anti-AAPI hate**

## **211/LA vs Hate**

An LA County initiative, 211 LA is a hotline for victims or witnesses to report acts of bullying or incidents motivated by hate or discrimination, and to be connected with local services.

211; <https://211la.org/>

## **311/LA for ALL**

Residents of LA City can report hate crimes and hate incidents by calling 3-1-1, visiting [myla311.lacity.org](http://myla311.lacity.org), or using the MyLA311 app. You can report anonymously and be provided access to further community-based and crisis care resources.

311; <https://civilandhumanrights.lacity.org/laforall>

## **CA vs. Hate Resource Line and Network**

A non-emergency hate incident and hate crime reporting hotline and online portal established by California's Civil Rights Department to support individuals and communities across the state targeted for hate.

(833) 866-4283; [stophate@calcivilrights.ca.gov](mailto:stophate@calcivilrights.ca.gov); [stophate.calcivilrights.ca.gov/s/](http://stophate.calcivilrights.ca.gov/s/)

- Information for anyone targeted for hate about their legal rights and resources for enforcing their rights: [Hate Violence | CRD \(ca.gov\)](http://HateViolence|CRD.ca.gov); <https://calcivilrights.ca.gov/hateviolence/>
- [Hate Violence Fact Sheet](#) available in at least 10 languages; <https://calcivilrights.ca.gov/posters/?openTab=5&emrc=63cf03344e66a>

## **U.S. Department of Justice, Community Relations Service**

The federal CRS provides facilitation, mediation, training, and consultation services that improve communities' abilities to problem solve and build capacity to prevent and respond to conflict, tension, and hate crimes.

**Contact/Website:** (202) 305-2935 or [askcrs@usdoj.gov](mailto:askcrs@usdoj.gov); <https://www.justice.gov/crs>

- Fact sheet on Preventing and Responding to Bias and Hate Incidents Against AANHPI Communities: <https://www.justice.gov/file/1426866/download>