Asian American Health Initiative
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PREFACE

This Asian American Health Initiative (AAHI) Mental Health Resource Guide serves as a comprehensive tool to address the resource gap prevalent in many Asian American communities when it comes to navigating and accessing mental health support.

Developed by the Asian American Health Initiative (AAHI), this guide aims to equip County residents with the necessary knowledge and resources to navigate the complex landscape of mental health services effectively.

Recognizing the unique challenges faced by Asian Americans, this guide provides valuable assistance in accessing mental health resources including resources that address hate bias and reporting.

By highlighting the range of available state and county services, community organizations, and additional mental health resources, we strive to empower individuals to seek the support they need.

We recognize that the field of mental health is constantly evolving, with new services, programs, and resources emerging regularly. To ensure you have access to the most up-to-date information, we encourage you to visit our website at www.AAHIinfo.org.
The AAHI Mental Health Resource Guide For Mental Health and Hate-Bias Reporting is a product of AAHI’s internal research.

AAHI does not guarantee the currency, accuracy, relevance, or completeness of the provided information.

Please contact the program for the most up-to-date information.

For more additional resources and information, visit AAHI's Resource library at:
https://aahiinfo.org/aahi-resources/
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HELP IS AVAILABLE

988 Suicide Crisis Lifeline
If you or someone you know is struggling or in crisis, help is available.

Call or text 988

Montgomery County Crisis Center
The Crisis Center provides free crisis services 24 hours a day/365 days a year.

Call 240-777-4000

AAHI’s Mental Health Toolkits
Asian American Health Initiative (AAHI) has developed several mental health toolkits for community organizations to adopt and lead mental health presentations in their own community settings.

These Toolkits contain:
- A ready-to-use presentation that you can download in PowerPoint format
- Presentation Tips
- Evaluations
- Resource Page

VISIT AAHI’S RESOURCE LIBRARY AT:
https://AAHInfo.org/aahi-resources/
Montgomery County's Asian American Health Initiative (AAHI)

- Photonovels on various mental health topics.
- Provides a list of culturally and linguistically responsive therapists who speak different Asian languages.
- Resources are available in English, Chinese, Hindi, Korean, and Vietnamese.

(240) 777-4517  AAHI@MontgomeryCountyMD.gov

ACCESS to Behavioral Health

- Provides assessments and linkages for uninsured, low-income persons of all ages who need services for major mental health and/or substance abuse problems.

(240) 777-1770  29 Courthouse Sq, Rockville, MD 20850

Asian/Pacific Islander Domestic Violence Resource Project (DVRP)

- DVRP provides free and confidential services, in over 20 Asian/Pacific Islander languages including: Japanese, Hindi, Mandarin, Vietnamese, Thai, Tagalog, etc.
- Aims to improve the safety of survivors of domestic violence and sexual assault, regardless of income level, immigration status or English fluency.
- Callers can receive crisis intervention, safety planning, emotional peer support, and referrals for legal services and/or temporary, safe housing.

(202) 833-2233  info@dvrp.org

Ashiyanaa

- Serves people of South Asian heritage with origins in the South Asian countries of Afghanistan, Bangladesh, Bhutan, India, Nepal, Pakistan, and Sri Lanka.
- Provides case management and coordination for interpersonal violence.
- Has multiple programs focusing on adults, seniors, children and youth.

(888) 417-2742
**Pro Bono Counseling**

- Connects uninsured and under-insured low-income Marylanders with compassionate and qualified mental health professionals at no cost.
- No commitment required.
- You will not be asked about your income, insurance status, or immigration status.

(410) 598-0234

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**EveryMind**

- Offers a host of mental health services including a free 24/7 hotline with phone, text, and chat specialists.

(301) 738-2255
**ELD Counseling Services**

- EML Therapeutic Counselors (ETC) provide counseling services to Emergent Multilingual Learners (EML) in grades Pre-K through 12.
- Counselors support students from a cross-cultural perspective so they can succeed academically and adjust to a new social and cultural environment while helping them stay meaningfully connected to their culture.
- The ETCs are a diverse team of professionals who provide counseling services districtwide and are located in schools offering intensive English services.

(240) 740-4500

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**Child and Adolescent Behavioral Health Program**

- Provides family-focused outpatient mental health services to children, adolescents, and their families to help address severe emotional, behavioral, substance abuse, and victimization issues.
- Services include mental health screening & assessment; diagnostic evaluation, family, individual and group psychotherapy; clinical case management; drug and alcohol assessment, and education; behavioral and medication management and follow up services; and outreach treatment and support services in the selected school sites for children and adolescents who are involved with Montgomery County Public Schools.

(240) 777-1432

7300 Calhoun Pl. Rockville, MD 20855

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**Child and Adolescent Assessment Services (CAAS)-formerly Substance Abuse Services for Children & Adolescents (SASCA)**

- Child and Adolescent Assessment Services (CAAS) located at the Crisis Center, provides confidential mental health assessments and screening for substance abuse for youth up to age 18 who live in Montgomery County.
- Referrals are made for mental health and substance use treatment, substance use education and classes.

(240) 777-4000

1301 Piccard Drive. Rockville, MD 20850
**Bullying, Harassment, or Intimidation Reporting Form**

- This form is available in English, Chinese, Korean, Vietnamese, French, Spanish, and Amharic.
- Complete this form if you are a student victim, the parent/guardian of a student victim, a close adult relative of a student victim, or a school staff member and wish to report an incident of bullying, cyberbullying, harassment, or intimidation.
- Both forms are maintained in a confidential file in the school office. These documents are not included in a student’s cumulative/confidential file.
- For step-by-step reporting procedures, please visit the MCPS Quick Reference: Student Bullying, Harassment, Intimidation Reporting Procedures.

**Bullying Overview**

- Provides an overview of what bullying is, warning signs, risk factors, different types of bullying, and how to prevent it.

**BE WELL 365**

- Be Well 365 aims to provide students with the knowledge, skills, and abilities in 6 essential areas through school-based programs, instruction, practices, and interventions.
- Be Well 365 ensures that students have the necessary skills to:
  - Build academic and social resilience
  - Identify and access support for themselves or a friend
  - Peacefully resolve conflict
  - Make positive decisions
MCPS Hate-Bias Incidents Responding Form

- This form should be filled out by parents, students, or faculty members if there are incidents involving discrimination based on personal characteristics that include race, ethnicity, color, ancestry, national origin, religion, immigration status, sex, gender, gender identity, gender expression, sexual orientation, family/parental status, marital status, age, physical or mental disability, poverty and socioeconomic status, language, or other legally or constitutionally protected attributes or affiliations.

MCPS Hate-Bias Incidents Responding Procedures

- Provides step-by-step instructions on how to proceed in the event of a hate-bias incident in schools.

Student Welfare & Compliance

- Serves as a resource for schools and central offices in providing institutional accountability and awareness of MCPS expectations.
- Works collaboratively with schools, the Office of the General Counsel, and other MCPS offices to ensure consistency and coherence with the implementation of policies, regulations, and guidelines, such as issues related to human relations; bullying, harassment (including Title IX sexual harassment), and intimidation; recognizing and reporting child abuse and neglect; incidents of hate-bias, hazing, and student gender identity.

- (240) 777-8450
- 850 Hungerford Dr., Room 55
  Rockville, MD 20850
- SWC@mcpsmd.org
Montgomery County Police Department (MCPD)
- The MCPD encourages anyone who experiences a hate crime, harassment, and hate bias to contact their non-emergency number.
- The MCPD has translation services to ensure they can serve people who speak another language besides English.
- The MCPD has Victim Assistance Coordinators at each district station.

911 (Emergency)  (301) 279-8000 (Non-Emergency)

Montgomery County Office of Human Rights
- The Office of Human Rights investigates incidents of hate or violence and complaints of discrimination.
- Victims of hate or violent crimes (both individuals and institutions) can seek compensation for the replacement of damaged property through the County's Partnership Fund, administered by the Office of Human Rights.

(240) 777-8450  21 Maryland Ave, Ste. 330, Rockville, MD 20850  Human-Rights.Administration@MontgomeryCountyMD.gov

Maryland State Attorney General Hotline
- Report hate crimes and hate bias incidents, and get referrals to local law enforcement for further investigation when appropriate.

(866) 481-8361
Asian American Inter Community Service, Inc (AICS)
- Addresses health insurance enrollment, depression counseling, and chronic disease symptoms management using telehealth platforms and more.
- Provides national, evidence-based late-life depression counseling through “Program to Encourage Active, Rewarding Lives (PEARLS)”.

Asian Mental Health Collective
- Asian Mental Health Collective works towards destigmatizing mental health within the Asian community.
- Provides an Asian American mental health therapist list.

Be Well Initiative (BWI)
- Provides mental health counseling services such as stress management strategies to improve physical and emotional wellbeing.
- Holds safe space weekly Zoom session on Sundays from 11:00 am – 12:00 pm.
- Services are also provided in Nepalese.

Chinese Culture and Community Center's Mental Health 360
- Disseminates mental health information through lectures and seminars.
- Provides short-term crisis aid services for people who have limited medical resources.
Chinese American Parent Association of Montgomery County (CAPA-MC)
- Provides services and advocates for Asian Americans, especially Chinese American families in Montgomery County.
- Provides series of workshops focusing on mental health and cross-generational communication.
- Provides anti-bullying/harassment workshops to provide parents and students with effective strategies to confront and avoid bullying.

(240) 630-2272 12774 Wisteria Dr, #115 Germantown, MD 20875

Korean Community Service Center of Greater Washington (KCSC)
- Counseling services are available for adults, teens, and children. Counseling sessions may address concerns such as stress, anxiety, depression, grief, food and eating issues, anger, relationship challenges, addiction, abuse, family issues, insomnia, and sexuality.
- Services are also provided in Korean.

(703) 354-6345 phan@kcsgw.org

Maryland Vietnamese Mutual Association
- Provides general consultation to aid clients in work, life, family issues, and referrals to other service providers, organizations, or government agencies.
- Services are also provided in Vietnamese.

(301) 588-6862 10770 Columbia Pike, Ste. 300 Silver Spring, MD 20901 info@mdvietmutual.org

MannMukti
- Encourages a healthy, open dialogue of South Asian mental health issues to remove stigma, improve awareness and promote self-care.
- Provides a list of South Asian mental health providers.

@mannmukti
**Online Counseling Programs**

- Provides an extensive list of organizations, digital resources, videos, support groups, and therapy directories to help support the mental health of young people of color.
- This resource also provides a list of Instagram accounts of mental health educators, therapists of color, and community support pages.

**South Asian Therapist Network**

- Largest national directory of culturally sensitive and culturally competent South Asian therapists.

**Vietnamese American Services (VAS)**

- Provides complimentary medical interpretation services.
- Provides series of educational workshops on behavioral health and benefits of social services.
- Provides information and services on various topics.
- Services are also provided in Vietnamese.

(301) 646-5852  
12621 Old Columbia Pike, Silver Spring, MD 20904  
info@vasusa.org
Asian American Psychological Association

- Provides a compilation of resources in supporting the mental health needs of the AAPI LGBTQ community.

Desi LGBTQ+ Helpline for South Asians

- DeQH is the first and only national Desi LGBTQ+ Helpline in the U.S.
- DeQH offers free, confidential, culturally sensitive peer support, information, and resources for LGBTQ+ South Asian individuals, families, and friends.
- Trained volunteers are available to talk between:
  - Thursdays, 8-10 PM Eastern
  - Sundays, 8-10 PM Eastern

(908) 367-3374
Special Interest Groups, Organizations, and Task Forces

Communities United Against Hate (CUAH)
- Unites the community to combat bigotry, supports victims of hate, and promotes inclusiveness in Montgomery County, Maryland, and surrounding areas.
- PO Box 244
  Kensington, MD 20895

City of Rockville Asian Pacific American Task Force
- The task force is a group committed to helping Rockville become more aware of the needs of the Asian-American community.
- The task force also provides resources, educates the general public about the contributions of Asian Americans, and engages the Asian American community (businesses and residents) in city activities.
- Task force members are available to translate written material or interpret conversations.
- The task force meets on the first Tuesday of every month at 7:30 pm.
- (240) 314-8112
  111 Maryland Ave,
  Rockville, MD 20850
  tdavis4@rockvillemd.gov

City of Rockville Human Rights Commission (HRC)
- HRC provides a variety of services such as educational and cultural programs that promote global thinking, encourage civic awareness, and/or reflect the rich diversity found in the city.
- Some of these services and programs include voter registration and education, community outreach, and the Diversity & Inclusion Initiative.
- They meet every fourth Wednesday at 7:30 pm.
- (240) 314-8112
  111 Maryland Ave,
  Rockville, MD 20850
  tdavis4@rockvillemd.gov

Gilchrist Immigrant Resource Center
- Montgomery County’s resource center for immigrants.
- Provides a wide range of resources including healthcare information, rental assistance, food, where to find immigration and legal advice, English language classes, basic computer classes, citizenship preparation, and more.
- (240) 777-4940
  gilchrist.center@montgomerycountymd.gov
### Asian Pacific American Legal Resource Center
- Offers immigration and other legal services to immigrants from all countries, including citizenship workshops and free legal clinics.

- **(202) 393-3572**
- **1627 K St NW, Ste. 610**
- **Washington, DC 2006**
- **helpline@apalrc.org**

### Asian Pacific American Advisory Group
- Asian Pacific American Advisory Group is appointed by the County Executive and facilitated by Montgomery County Office of Community Partnerships.
- Advisory Groups ensure that the County Executive is well informed of and able to act effectively in responding to the needs and concerns of the county's diverse communities, and to work collaboratively with government, nonprofits, and community organizations in creating an inclusive, equitable and welcoming county.

- **(240) 277-8207**
- **Yi.Shen@montgomerycountymd.gov**

### Society for the Psychological Study of Culture, Ethnicity, and Race
- Division of the American Psychological Association.
- The Division 45 Anti-Asian Discrimination Task Force partnered with members of the Asian American Psychological Association to develop a public education campaign to educate Asian American families about how to discuss discrimination issues with family members and communities, how to support those experiencing discrimination and to seek help.

- **(202) 336-6013**
- **750 First St, NE**
- **Washington, DC 20002**

### Stop AAPI Hate
- Stop AAPI Hate is a reporting center that tracks and responds to incidents of hate, violence, harassment, discrimination, shunning, and child bullying.
- Offers multilingual resources for impacted community members.
- Provides technical assistance from rapid response to preventative measures.

- **community@stopaapihate.com**
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While every reasonable effort has been made to ensure that the information contained herein was accurate as of the date of publication, the information is subject to change without notice. If you would like your program information to be updated or included to this guide, please email Asian American Health Initiative (AAHI) at AAHI@MontgomeryCountyMd.gov
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