

# **South Asian American Mental health**

## **resources:**

*You are not alone. Help is available. Call or text 988.*

If you need to talk, the 988 Lifeline is here.

At the 988 Suicide & Crisis Lifeline, we understand that life's challenges can sometimes be difficult. Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, our caring counselors are here for you. You are not alone.

### **Find a Therapist:**

- Review a list of in network providers through your insurance
- If insured through Medi-cal, call your county access line
- <https://southasiantherapists.org/>
- Stanford Department of Psychiatry & Behavioral Sciences  
<https://med.stanford.edu/psychiatry.html>
- <https://www.radjag.one/>
- allcove centers

### **Find a Psychiatrist:**

- Review a list of in network providers through your insurance
- Stanford Department of Psychiatry & Behavioral Sciences  
<https://med.stanford.edu/psychiatry.html>
- allcove centers: <https://allcove.org/>

### **Find Support:**

- Rcoz: <https://www.rcoz.us/>
- [NAMI](#)

- NAMI Chai and Chat:  
<https://my.nami.org/NAMI/media/NAMInet/Ops-Gov/Chai-Chat-overviewFINAL.pdf>

## **Social media accounts to check out**

- @browngirltherapy
- @sahajkohli
- @rcoz.us
- @brownmantherapy
- @saaforchange
- @browngirlshealth
- @aaishaalviwrites
- @southasiantherapists
- @southasianmentalhealth
- @southasiannetwork
- @jivamentalhealth
- @antar.life
- @dr.bhattmd
- @saaprichi
- @southasiancare
- @southasiansmh
- @saphainfo
- @scarfindia
- @rmdayofgood
- @narikabayarea
- @my.jyotiii
- @teamsouda

## **Intimate Partner Violence Resources**

- <https://www.narika.org/south-asian-dv-orgs>
- <https://www.sfaws.org/mission-vision>
- <http://www.maitri.org>

- <https://www.saahasforcause.org/>
- <http://www.saharacares.org/>
- [www.mysahana.org](http://www.mysahana.org)
- [www.southasiannetwork.org](http://www.southasiannetwork.org)
- <http://www.trikone.org>

## **LGBTQ+ resources**

- <https://www.trikone.org/>
- <https://www.parivarbayarea.org/>

## **Psychosis specific resources**

*[What is psychosis?](#)*

*[What is Coordinated Specialty Care for Psychosis?](#)*

Find a program: <https://www.samhsa.gov/find-help/locators/esmi>

## **California Early Psychosis Programs**

### **Stanford PEPPNET Early Psychosis Program Directory**

- **Website:** [med.stanford.edu/peppnet/interactivedirectory.html](http://med.stanford.edu/peppnet/interactivedirectory.html)

### **Stanford Health Care INSPIRE Program**

- **Services:** Individuals ages 16 years and older with psychosis
- **Website:** [med.stanford.edu/psychiatry/patient\\_care/inspire.html?tab=proxy](http://med.stanford.edu/psychiatry/patient_care/inspire.html?tab=proxy)
- **Location:** 401 Quarry Blvd, Palo Alto, CA
- **Phone:** 650-498-9111 option 2
- **Note:** If individual is high school aged, request intake with Dr. Apurva Bhatt
- **Insurance:** Private insurance only

### **Stanford Child INSPIRE Clinic**

- **Services:** Diagnostic evaluation services and medication management for individuals of all ages
- **Location:** 1174 Castro St, Suite 250, Mountain View, CA 94040
- **Phone:** 650-723-5511, **Fax:** 650-724-7389
- **Insurance:** Most insurance types accepted

### **Felton Institute Early Psychosis Programs: (re)MIND, (PREP)**

- **Website:** [felton.org](http://felton.org)
- **Intake Process:** [felton.org/early-psychosis/intake-process/](http://felton.org/early-psychosis/intake-process/)
- **Services:** Schizophrenia Disorder, Psychosis NOS
- **Insurance:** Medical, uninsured, sliding scale (must live in Alameda or San Mateo county, SF location accepts county and surrounding areas)
- **Phone:** Alameda: (510) 318-6100, San Mateo: (650) 504-3374, San Francisco: (415) 614-5970

#### **UC Davis EDAPT Clinic, SacEDAPT Clinic**

- **Website:** [health.ucdavis.edu/psychiatry/specialties/edapt/edapt\\_clinic.html](http://health.ucdavis.edu/psychiatry/specialties/edapt/edapt_clinic.html)
- **Location:** 2230 Stockton Blvd, Sacramento, CA
- **Phone:** (916) 734-7251, **Fax:** (916) 734-7539
- **Email:** [edapt@ucdavis.edu](mailto:edapt@ucdavis.edu)
- **Insurance:** Private insurance (EDAPT) and Medi-Cal (SacEDAPT)

#### **REACH (Santa Clara County)**

- **Mission:** Raise mental health awareness and provide culturally competent and evidence-informed treatment to youth (ages 10-25) and their families. Focuses on prevention and early intervention for early psychosis.
- **Website:** [reach4scc.org](http://reach4scc.org)
- **Contact:** 855-273-2248, [info@reach4scc.org](mailto:info@reach4scc.org)
- **Eligibility:** Ages 10-25, resident of Santa Clara County, MediCal-eligible or uninsured/unsponsored

#### **UCSF PATH Program**

- **Services:** Provides coordinated specialty care for early psychosis, including expert diagnostic assessment, psychotherapy, medication management, family support, and case management.
- **Website:** [pathprogram.ucsf.edu](http://pathprogram.ucsf.edu)
- **Location:** 675 18th St, 4th Floor, San Francisco, CA 94107
- **Contact:** Phone: (415) 476-7278, Email: [path@ucsf.edu](mailto:path@ucsf.edu)
- **Insurance:** Private insurance accepted from various providers, including Blue Cross, Health Net, Blue Shield, Kaiser (with referral), Optum/United Behavioral Health, Aetna, Cigna, and Tricare.

## **Support Services:**

### **South Bay Project Resource**

- **Mission:** Partnership aimed at improving psychosis-related support, advocating for social change, and raising public awareness.
- **Website:** [southbayprojectresource.org/peer](http://southbayprojectresource.org/peer)

#### **NAMI Santa Clara**

- **Mission:** Provides support groups and educational classes for mental health.
- **Website:** [namisantaclara.org/classes/support-groups-3/](http://namisantaclara.org/classes/support-groups-3/)

#### **The Friends of Grace Community Center**

- **Mission:** Supports Northside Community Center in providing therapeutic services for adults with mental illnesses and developmental disabilities.
- **Website:** [thefriendsofgrace.org](http://thefriendsofgrace.org)

#### **Catholic Charities of Santa Clara County**

- **Mission:** Offers a variety of community services including mental health support.
- **Website:** [ccscc.org](http://ccscc.org)

#### **Gronowski Center (Palo Alto)**

- **Mission:** Provides sliding scale therapy services.
- **Website:** [paloaltou.edu/gronowski-center](http://paloaltou.edu/gronowski-center)

#### **Family & Children Services of Silicon Valley**

- **Mission:** Offers a variety of mental health services.
- **Website:** [fcservices.org](http://fcservices.org)

#### **Santa Clara County Behavioral Health Services**

- **Mission:** Provides comprehensive mental health programs and services.
- **Website:** [bhsd.santaclaracounty.gov](http://bhsd.santaclaracounty.gov)

#### **California Clubhouse (San Carlos)**

- **Mission:** Offers various programs for mental health support.
- **Website:** [californiaclubhouse.org](http://californiaclubhouse.org)

#### **Mental Health Association of San Mateo County**

- **Mission:** Provides a variety of mental health services.
- **Website:** [mhasmc.org/programs](http://mhasmc.org/programs)

#### **Heart and Soul (San Mateo County)**

- **Mission:** Operates a drop-in center providing mental health support.
- **Website:** [heartandsoulinc.org](http://heartandsoulinc.org)

#### **Caminar Jobs Plus (San Francisco and other counties)**

- **Mission:** Offers career and work assistance for those with mental health challenges.

- **Website:** [caminar.org/resources/2015/3/17/jobs-plus-employment-services](http://caminar.org/resources/2015/3/17/jobs-plus-employment-services)

### **Educational and Support Resources:**

#### **Psychoeducational Material**

- **Website:** [easacommunity.org/easa-art.php](http://easacommunity.org/easa-art.php)

#### **Find Support for Mental Health**

- **Website:** [strong365.org](http://strong365.org)

#### **Students With Psychosis**

- **Website:** [sws.ngo](http://sws.ngo)

#### **Hearing Voices Network**

- **Website:** [hearing-voices.org](http://hearing-voices.org)

### **Peer Resources:**

#### **Students With Psychosis**

- **Join for Access to Programming:** [sws.ngo](http://sws.ngo)

#### **Hearing Voices Network USA**

- **Find a Group:** [hearingvoicesusa.org/find-a-group](http://hearingvoicesusa.org/find-a-group)
- **Resources:** [hearingvoicesusa.org/resources](http://hearingvoicesusa.org/resources)
- **Bay Area Network:** [bayareahearingvoices.org](http://bayareahearingvoices.org)

#### **Mental Health Empowerment Project**

- **Website:** [mhepinc.org](http://mhepinc.org)