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
- 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

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
- **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
- **Intake Process:** 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
- **Location:** 2230 Stockton Blvd, Sacramento, CA
- **Phone:** (916) 734-7251, **Fax:** (916) 734-7539
- **Email:** 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**
- **Contact:** 855-273-2248, 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
- **Location:** 675 18th St, 4th Floor, San Francisco, CA 94107
- **Contact:** Phone: (415) 476-7278, Email: 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

NAMI Santa Clara

- **Mission:** Provides support groups and educational classes for mental health.
- **Website:** 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

Catholic Charities of Santa Clara County

- **Mission:** Offers a variety of community services including mental health support.
- **Website:** ccscc.org

Gronowski Center (Palo Alto)

- **Mission:** Provides sliding scale therapy services.
- **Website:** paloaltou.edu/gronowski-center

Family & Children Services of Silicon Valley

- **Mission:** Offers a variety of mental health services.
- **Website:** fcservices.org

Santa Clara County Behavioral Health Services

- **Mission:** Provides comprehensive mental health programs and services.
- **Website:** bhsd.santaclaracounty.gov

California Clubhouse (San Carlos)

- **Mission:** Offers various programs for mental health support.
- **Website:** californiaclubhouse.org

Mental Health Association of San Mateo County

- **Mission:** Provides a variety of mental health services.
- **Website:** mhasmc.org/programs

Heart and Soul (San Mateo County)

- **Mission:** Operates a drop-in center providing mental health support.
- **Website:** 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

Educational and Support Resources:

Psychoeducational Material

- **Website:** easacommunity.org/easa-art.php

Find Support for Mental Health

- **Website:** strong365.org

Students With Psychosis

- **Website:** sws.ngo

Hearing Voices Network

- **Website:** hearing-voices.org

Peer Resources:

Students With Psychosis

- **Join for Access to Programming:** sws.ngo

Hearing Voices Network USA

- **Find a Group:** hearingvoicesusa.org/find-a-group
- **Resources:** hearingvoicesusa.org/resources
- **Bay Area Network:** bayareahearingvoices.org

Mental Health Empowerment Project

- **Website:** mhepinc.org