

Mental Health Resources for International Students

1. Generic Resources

a. International Crisis Lines

- i. https://www.iasp.info/resources/Crisis_Centres/
- ii. Provides a database to look up the crisis line for the respective country.

b. Crisis Text Line Referrals

- i. <https://www.crisistextline.org/referrals/>
- ii. Provides a list of over 200 resources, websites, and services for a wide range of crises; some referrals are US-specific, but many are general and applicable to international students

c. Free Guide To Living With Worry And Anxiety Amidst Global Uncertainty

- i. <https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/>
- ii. Guide to provide tips to manage stress during COVID **in 20 languages**

2. Resources by Country

a. Brazil

i. CVV

1. Dial 188
2. Resources List:

- a. <https://www.cvv.org.br/links-uteis/>
- b. Provides a diverse list of resources beyond their crisis line

b. Canada

i. Mind Your Mind

1. Overviews what to do in a crisis, how to start talking to someone, how to help a friend, etc.
2. <https://mindyourmind.ca/help>

ii. Mental Health Commission

1. Compiled list of Canada resources
2. <https://www.mentalhealthcommission.ca/English/covid19>

iii. Online Therapy Unit

1. “At the Online Therapy Unit, we provide effective online clinical treatment programs to individuals experiencing mental health difficulties. A number of our various courses focus on depression and anxiety as these are prevalent, disabling, and under-treated conditions.”
2. <https://onlinetherapyuser.ca/>

c. China

i. Jiandanxinli

1. <https://www.jiandanxinli.com/>
2. This is China's version of Psychology Today. It is a national database of MH professionals, both psychotherapists and psychiatrists, in China who can provide services both in person and online. They usually only accept out-of-pocket private pay. They

also have apps students can download to their phones. Similar to Psychology Today, this website/app also offers a lot of helpful psychoeducation content covering a wide range of MH topics in Mandarin.

ii. *Beijing Normal University*

1. https://mp.weixin.qq.com/s/zCwSKzT6JYcdjU_z3lwkGg
2. This is a free psychological support provided by Beijing Normal University.

iii. *WeChat Apps*

1. Know Yourself
 - a. Psychology education platform to educate people on mental health issues. They have stated they provided a free resource to connect people to licensed therapists for free.
 - b. [Cited here](#)
2. Alpha Psychology
 - a. An app based on CBT that helps users with mental health.
 - b. [Cited here](#)

d. India

i. *ePsyclinic and ePsyclinic Lite Android*

1. Mental health platform that helps patients through video, chats, or calls. The full version of the app can connect patients to treatment and therapists

2. <http://epsyclinic.com/>

ii. *National Institute of Mental Health and Neurosciences*

1. Government center that has listed some resources. The first and third links are a **helpline** and **stress-relief yoga poses**, respectively. It also offers an in-depth report about services, but this is aimed more for practitioners.

2. <http://nimhans.ac.in/health-information-nimhans/covid19-information/>

e. Malaysia

i. *Mental Illness Awareness and Support Association*

1. <https://miasa.org.my/>

2. This is a nonprofit organization dedicated to raising awareness for mental health. It contains several resources for mental disabilities such as bipolar disorder.

ii. *Malaysian Mental Health Association*

1. <https://www.facebook.com/MMHAOfficial/>

2. This is an NGO that helps people with mental disabilities. Follow their page for events such as emotional support sessions.

f. South Korea

i. *National Center for Mental Health*

1. Government clinic in Seoul, but they have a number that can be called, and they could possibly make a referral.

2. http://www.ncmh.go.kr/eng/board/snmhHtmlView.jsp?no=2001&menu_cd=E_01_01_00_00_T0

ii. *Seoul Counseling*

1. The center is a group of mental health professionals specializing in international citizens, but they claim to offer services to South Koreans as well.
2. <https://seoulcounseling.com/>