



## *Resources for You and Your Loved Ones' Happiness and Health*

Living with diabetes can get overwhelming from time to time. With the COVID-19 pandemic and various challenges we are facing since the beginning of pandemic, we gather list of places you can reach out or free resources you can check out for you and your loved ones.

***We are not alone - please reach out, you might find the help you didn't think you need!***

- AAPI Mental Health Related Resources
  - NAMI statement + resource list (What is mental health care, normalizing mental health care in AAPI communities, and more): <https://www.nami.org/Press-Media/Press-Releases/2021/NAMI-Statement-on-Violence-Against-Asian-American-Community>
    - <https://www.verywellmind.com/mental-health-resources-for-asian-pacific-islander-communities-5116843>
  - Asian Lifenet Hotline: [https://aaspe.net/Myths\\_about\\_mental\\_health.html](https://aaspe.net/Myths_about_mental_health.html)
  - Asian Mental Health Collective (includes online forums to build community, an Asian therapist directory, education about MH and MH care, blog posts): <https://www.asian-mhc.org/>
  - National Asian American Pacific Islander Mental Health Association (NAAPIMHA): <https://www.naapimha.org/aanhpi-service-providers>
  - Transcultural Mental Health Centre (various handouts on MH for individuals, children, anxiety, etc. in multiple languages): <https://www.dhi.health.nsw.gov.au/transcultural-mental-health-centre-tmhc/resources/in-your-language>
- AAPI Hate Crimes
  - Some suggestions on what to do: <https://www.nami.org/Press-Media/In-The-News/2021/Attacks-against-Asian-Americans-are-on-the-rise-Here-s-what-you-can-do>
  - Safety tips if you experience or witness a hate crime (available in multilingual flyers): <https://stopaapihate.org/safety-tips/>
  - COVID-19 and racism (available in multilingual flyers): <https://www.mghstudentwellness.org/resources-1/blog-post-title-three-gm6w8>
- Background on Mental Health concerns in AAPI populations
  - Effects of cultural identity: <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Asian-American-and-Pacific-Islander>
  - Expectations and family pressures: <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Asian-American-and-Pacific-Islander/Expectations-and-Family-Pressure>
  - Myths about MH: [https://aaspe.net/Myths\\_about\\_mental\\_health.html](https://aaspe.net/Myths_about_mental_health.html)
- Psychology Today - A good resource to find a licensed therapist or psychiatrist anywhere in the country where you can use search option for "Ethnicity Served" to narrow down to Asian or Pacific Islander. Therapists who treat Asian populations in Boston can be found here: <https://www.psychologytoday.com/us/therapists/asian/ma/boston>



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- General Hotlines
  - Warmlines (places around the country you can call for support if you want to talk but are not in crisis, run by peers): <https://screening.mhanational.org/content/need-talk-some-one-warmlines/>
  - National Suicide Prevention Lifeline (includes phone and chat feature, 150+ languages): <https://suicidepreventionlifeline.org/>
  - National Domestic Violence Hotline (includes phone and chat feature): <https://www.thehotline.org/>
  - Safelink is DV helpline specific to MA: <https://casamyrna.org/get-support/safelink/>
  - Crisis Text Line (can be used for overwhelming emotions caused related to self-harm, depression, anxiety, bullying, etc.): <https://www.crisistextline.org/>
  - The Trevor Project (for LGBTQ+ support): <https://www.thetrevorproject.org/get-help-now/>
  - Trans Lifeline: <https://translifeline.org/>
  - Substance Abuse and Mental Health helpline: <https://www.samhsa.gov/find-help/national-helpline>
- General Mental Health and Type 1 Diabetes
  - <https://www.diabetes.org/diabetes/type-1/mental-health>
  - <https://beyondtype1.org/mental-health/>
  - (includes both information about common MH conditions as well as community/support/online resources): <https://www.jdrf.org/t1d-resources/living-with-t1d/mental-health/>
- Mental Health tips during COVID with T1D
  - <https://beyondtype1.org/coronavirus-what-you-can-do/>
  - <https://www.joslin.org/patient-care/diabetes-education/diabetes-learning-center/coping-stressors-due-covid-19>

Visit [AADI.Joslin.org](https://www.aadi.joslin.org) for more diabetes resources

Questions? [aadi@joslin.harvard.edu](mailto:aadi@joslin.harvard.edu)

New patient request at Joslin's Asian Clinic

- Call **617-309-3444** and leave a message for appointment information