

Resources on Mental Health and Mental Illness for Chinese American Christians

Hotlines

- * **1-800-273-TALK** The National Suicide Prevention Hotline
- * **1-811-990-8585** Asian LifeNet Hotline Cantonese, Mandarin
(亚洲生命网热线 粤语 · 普通话)

Directories of Therapists/Providers

1. **Asian Mental Health Collective.** <https://www.asianmhc.org/apisaa>. Asian, Pacific Islander, and South Asian American (APISAA) Therapist Directory, organized by state.
2. **Mental Health America.** <http://www.mentalhealthamerica.net/im-looking-mental-health-help-someone-else>. Online screenings, guides to finding the right therapist or psychiatrist, and other helpful weblinks

Websites

1. **Asian American Health Initiative (AAHI, 亞裔美國人健康促進協會).** <http://aahiinfo.org/aahi-resources/>. Photonovels on mental health in Chinese, Korean, Vietnamese, and Hindi (用中文、韩文、越南文、和印地文编写的有关心理健康的漫画书).
2. **The MGH Center for Cross-Cultural Student Wellness.** <https://www.mghstudentwellness.org/resources>. Fact sheets, webinars, and other resources from clinicians on topics including “Depression Among Asian American Students,” “COVID-19 and Racism,” and “Asian Allyship with the Black Community.”
3. **Project Harmonious.** <https://projectharmonious.org/>. A collection of eight anonymous accounts of mental health issues, collected and translated to Chinese.
4. **Hear Me Out.** <https://www.cjlfoundation.org/hear-me-out-essays>. Bridging the cultural gap between immigrant parents and their children, this essay contest in 2018 published a series of heartfelt letters written by Asian American youth to their family members.
5. **The Breaking Silences Project.** <http://www.thebreakingsilencesproject.com/>. A multifaceted artistic endeavor that aims to educate and engage communities in open conversation about issues of mental health in Asian American women.
6. **Culture to Culture Foundation (文化对文化基金会).** <http://culturetoculture.org/>. San Francisco-based Chinese mental health organization, with links to member-created videos in Mandarin (旧金山的中国精神卫生组织:会员创建的普通话视频).
7. **Asians Do Therapy.** <https://asiansdotherapy.com/resources>. Personal stories and information on finding mental health therapy.

Podcasts

1. **Erasing Shame.** <https://erasingshame.com/>. Features recent episodes like "When your loving family has traumatized you unknowingly," "How to tell your Asian parents about mental health," "How do you heal from racialized trauma," and more.
2. **Centering: "Can Churches Be Mental Health Spaces?"** <https://sparks.fuller.edu/centered/2019/11/08/podcast-can-churches-be-mental-health-spaces/>. Produced by the Asian American Center at Fuller Theological Seminary, Centering explores how our churches can embrace their role as venues for healing, education, and support.
3. **Mental Health Mukbang.** <https://www.asianmhc.org/mentalhealthmukbang>. Produced by the Asian Mental Health Collaborative; their website also has resources like a directory of Asian, Pacific Islander, and South Asian American therapists.

Organizations

1. **United Chinese Americans Mental Health Initiative.** <https://ucausa.org/portfolio/mental-health-initiative/>. Webinars in English and Chinese on mental health, including the personal accounts of youth, expert advice from clinicians, and more (关于心理健康的英语和中文网络研讨会 · 包括年轻人的个人经历 · 临床医生的专家建议等等).
2. **NAMI FaithNet.** <https://www.nami.org/NAMIFaithnet>. Resource network for faith communities affiliated with the National Alliance on Mental Illness, a prominent advocacy group.
3. **My Quiet Cave.** www.myquietcave.com. A Denver-based organization dedicated to producing high-quality resources for congregations and individuals regarding mental illness.
4. **Interfaith Network on Mental Illness (INMI).** www.inmi.us. Boulder-based organization dedicated to providing mental health-related resources and support to clergy and faith communities.
5. **Minds Renewed.** <https://www.facebook.com/MindsRenewed/>. Emerging web-based ministry seeking to link interested seekers with Christian mental health counseling and informational resources.
6. **Mental Health Grace Alliance.** www.mentalhealthgracealliance.org. A Christian mental health advocacy and resource group, primary oriented toward the needs of evangelical congregations and individuals.
7. **To Write Love On Her Arms (TWLOHA).** www.twloha.com. Advocacy group that has a very large presence on social media. Not explicitly faith-based, but references God and has strong church-based connections.

Books and Print Resources:

Benner, David. *The Gift of Being Yourself: The Sacred Call to Self-Discovery* (IVP, 2015). A general resource for mental health knowledge and self-care.

Coleman, Monica. *Not Alone: Reflections on Faith and Depression* (Inner Prizes, 2012). A womanist theologian writes of her own experience of depression and the church's response in a 40-day devotional.

Coleman, Monica. *Bipolar Faith: A Black Woman's Journey with Depression and Faith* (Fortress, 2016). A womanist theologian's memoir of race, trauma, education, and mental health treatment, as well as her engagement with process theology.

Greene-McCreight, Kathryn. *Darkness is My Only Companion: A Christian Response to Mental Illness*. 2nd ed. (Brazos, 2015). An Episcopal priest and theologian describes her own experience with bipolar disorder, along with a constructive theological engagement with mental illness.

Hong, Cathy Park. *Minor Feelings: an Asian American Reckoning* (Random House, 2021). A daughter of Korean immigrants examines racial consciousness in America, weaving in her personal relationship to the English language, shame and depression, poetry, and female friendship.

Rennebohm, Craig. *Souls in the Hands of a Tender God: Stories of the Search for Home and Healing on the Streets* (Beacon, 2008). A pastor and mental health chaplain, writing of his experience working for decades with people who are homeless and mentally ill in Seattle, sets forth a "companioning" model for friendship and care.

Simpson, Amy. *Troubled Minds: Mental Illness and the Church's Mission* (IVP, 2013). A journalist writes of her experience of her mother's schizophrenia, ways that mental illness presents a challenge for congregations, and constructive models for response.

Swinton, John. *Resurrecting the Person: Friendship and the Care of People with Mental Health Problems* (Abingdon, 2000). Focusing on schizophrenia and dementia, a psychiatric nurse and pastoral theologian writes about how to respond faithfully to persons with mental illness.

Tewari, Nita & Alvarez, Anita. *Asian American Psychology: Current Perspectives* (Lawrence Erlbaum Associates, 2008). A textbook written in accessible language with personal reflection questions at the end of each chapter.

Wang, Esmé Weijun. *The Collected Schizophrenias* (Graywolf Press, 2019). A Taiwanese American writes a collection of essays exploring complex aspects of living with schizoaffective disorder, including her experience of being given various psychiatric diagnoses, engaging with the community as an advocate, and navigating her profession as a creator and writer.

Clinical Resources Oriented to Faith Communities:

American Psychiatric Association, *Mental Health: A Guide for Faith Leaders* (manual and quick reference guide): www.psychiatry.org/faith. A user-friendly mental health reference, oriented to clergy and faith communities.