



[South Carolina Free Clinic Association](#)

The South Carolina Free Clinic Association has member clinics located throughout the state of South Carolina. Each clinic is an independent 501(c)(3) non-profit organization with its own governing board and eligibility requirements. Each free clinic has its own eligibility criteria and schedule of operations. You can search for a free clinic near you by entering in your zip code or city

[South Carolina Department of Health & Human Service Healthy Connections Medicaid](#)

There are several specialized programs sponsored by pharmaceutical companies, business associations and non-profit organizations to assist low-income or needy individuals in obtaining necessary prescription medications free or at a substantially reduced cost.

[Asian American Psychological Association](#)

The Asian American Psychological Association (AAPA) focuses on using research, education, policy, and professional practice to advance the mental health and well-being of Asian American communities. In addition to advocacy and research, AAPA also provides fact sheets on Asian American mental health concerns and anti-bullying information

[Asian Mental Health Collective](#)

The Asian Mental Health Collective is an organization focused on de-stigmatizing mental health within Asian communities. It provides the APISAA Therapist Directory, a directory of therapists located in most states and Washington, DC who specialize in serving Asian American, South Asian American, and Pacific Islander communities.

[National Asian American Pacific Islander Mental Health Association](#)

The National Asian American Pacific Islander Mental Health Association (NAAPIMHA) is a resource provider for mental health services for Asian Americans, Pacific Islanders, and Native Hawaiians. The organization provides a resource list of state-level programs designed to meet AAPI-community mental health needs.

[South Asian Mental Health Initiative & Network](#)

The South Asian Mental Health Initiative & Network (SAMHIN) is a non-profit that works to address the mental health needs of South Asian folks living in the United States. It provides a list of mental health providers who specialize in offering services to the South Asian community. In addition, its provider directory allows you to search by languages spoken, location, and service type.

[National Alliance on Mental Illness](#)

The National Alliance on Mental Illness (NAMI) offers a section of its website with resources specifically for Asian Americans and Pacific Islanders. In addition to providing an overview of some barriers to mental health care for members

of these communities (including stigma, language barriers, and lack of culturally competent providers), NAMI also has seminars available in Chinese, Korean, and Vietnamese, as well as links to culturally sensitive support groups.

[Asian American Health Initiative](#)

The Asian American Health Initiative (AAHI) was created by the Maryland Montgomery County Department of Health and Human Services. While its mission is to improve the health and wellness of Asian Americans living in Montgomery County, Maryland, the site also provides useful general resources in Traditional Chinese, Korean, Hindi, and Vietnamese languages. Topics covered include getting mental health care, dealing with stress, building resilience, and staying active for well-being.

[Asians for Mental Health](#)

The founding story at Asians for Mental Health says it all: "Asians for Mental Health was created to help Asians feel seen, heard, and empowered in their journeys towards better mental health." It's a straightforward directory that's searchable by state so that you can find an AAPI-informed therapist near you.

[Anise Health](#)

Anise Health knows that every mental health journey is unique, particularly when it comes to people of AAPI heritage. Think of the platform as your partner—you'll take an intake survey about what you're looking for and what's important to you, then based on your answers you receive personalized recommendations for therapists, coaches, or even self-service tools. Each person's experience will be different, but what's for certain is that all the providers and services are culturally adapted to take sensitivities and other concerns into account.

[Asians Do Therapy](#)

Asians Do Therapy was born out of a mission to help people who were silently struggling feel less isolated. You'll find answers to questions about what to do when you're ready for therapy, as well as stories from Asian Americans who share how therapy has impacted their lives for the better.

[South Asian Therapists](#)

South Asian Therapists is one of the largest South Asian mental health communities in the world. It offers a therapist directory, a digital self-care package, as well as workbooks exploring therapeutic themes from a South Asian perspective.

Citations:

Cherry, K. (2023, May 11). *17 Mental Health Resources For Asian Americans and Pacific Islanders*. verywellmind. <https://www.verywellmind.com/mental-health-resources-for-asian-pacific-islander-communities-5116843>

Jung, A. (2023, March 23). *10 Culturally Affirming, Expert-Recommended Mental Health Resources for the AAPI Community*. Good Housekeeping. <https://www.goodhousekeeping.com/health/wellness/g36477999/asian-american-pacific-islander-mental-health-resources/>

*If you would like to be added to our list of health & wellness resources, please email ccurrrie@cma.sc.gov

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