

Mental Health Resource Guide

ASIAN AMERICAN COMMUNITY HATE-BIAS & REPORTING RESOURCES

The Asian American Health Initiative (AAHI), part of the Montgomery County Department of Health and Human Services (MCDHHS) has developed this Mental Health Resource Guide to support County residents in identifying resources to address various hate-bias and harassment, highlight available state and county reporting services, helpful community organizations, mental health resources and more. Please visit our website at www.AAHIinfo.org for the most updated information.



SCAN THE QR CODE TO VISIT OUR WEBSITE

Resource	Description	Website	Contact Information
Montgomery County and Maryland Reporting of Bias and Hate Crimes			
Montgomery County Police Department (MCPD)	<ul style="list-style-type: none"> The Montgomery County Police Department encourages anyone who experiences hate crime, harassment and hate bias to contact their non-emergency number. The MCPD has translation services to help with a range of languages. The MCPS has Victim Assistance Coordinators at each district station. 	https://www.montgomerycountymd.gov/pol/	Emergency: Call 911 Non-emergency: Call 301-279-8000
Montgomery County Office of Human Rights	<ul style="list-style-type: none"> The Office of Human Rights investigates incidents of hate/violence and complaints of discrimination. Victims of hate/violence crimes can seek compensation for replacement of property through the County's Partnership Fund, administered by the Office of Human Rights. 	https://www.montgomerycountymd.gov/humanrights/	21 Maryland Avenue # 330 Rockville, MD 20850 240-777-8450
Maryland State Attorney General Hotline to Report Hate Crimes	<ul style="list-style-type: none"> They will make referrals to local law enforcement for further investigation when appropriate. 	https://www.marylandattorneygeneral.gov/Pages/Civil/default.aspx	1-866-481-8361

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Resource	Description	Website	Contact Information
Montgomery County Public Schools (MCPS)			
Bullying, Harassment, or Intimidation Reporting Form	<ul style="list-style-type: none"> This form is available in English, Chinese, Korean, Vietnamese, French, Spanish, and Amharic. Complete this form if you are a student victim, the parent/guardian of a student victim, a close adult relative of a student victim, or a school staff member and wish to report an incident of alleged bullying, harassment, or intimidation. Both forms are maintained in a confidential file in the school office. These documents are not included in a student's cumulative/confidential file. 	<p>ONLINE FORM: https://docs.google.com/forms/d/e/1FAIpQLSfg-gJMpCPdUV48TyLQ0_097SBOh3h20PlmFHsU82-3fn0Hdw/viewform</p> <p>PAPER COPY: https://www.montgomeryschoolsmd.org/departments/forms/pdf/230-35.pdf</p> <p>https://www.montgomeryschoolsmd.org/departments/forms/detail.aspx?formNumber=230-35&catID=1&subCatId=44</p>	N/A
Montgomery County Public Schools (MCPS) Quick Reference: Student Bullying, Harassment, Intimidation Reporting Procedures	<ul style="list-style-type: none"> Provides step-by-step student bullying, harassment, intimidation reporting procedures, including the Quick Reference Guide on the next steps. 	https://www.montgomeryschoolsmd.org/uploadedFiles/compliance/QUICK%20REFERENCE-%20FEB021121_Student%20Bullying%20Harassment%20and%20Intimidation(1).pdf	N/A
Montgomery County Public Schools (MCPS) Hate-Bias Incidents Responding Procedures in School	<ul style="list-style-type: none"> Provides step-by-step hate-bias incident procedures, responsive action, and resources. 	https://www.montgomeryschoolsmd.org/uploadedFiles/compliance/FY21_Hate%20Bias%20Incidents%20Procedures.pdf	N/A
Bullying Overview	<ul style="list-style-type: none"> Provides an overview of what bullying is, warning signs, risk factors, different types of bullying, and how to prevent it. 	https://www.montgomeryschoolsmd.org/uploadedFiles/compliance/Bullying%20Draft.pdf	N/A
Student Welfare and Compliance	<ul style="list-style-type: none"> Serves as a resource for schools and central offices in providing institutional accountability and awareness of MCPS expectations. 	https://www.montgomeryschoolsmd.org/compliance/	Carver Educational Services Center 850 Hungerford Drive, Room 162 Rockville, MD 20850 240-740-3215
Special Interest Groups, Organizations, and Task Forces			
Communities United Against Hate (CUAH)	<ul style="list-style-type: none"> CUAH is a nonprofit organization that unites our diverse community to combat bigotry, supports victims of hate, and promotes inclusiveness in Montgomery County, Maryland, and surrounding areas. 	www.cuahmcmd.org	PO Box 244 Kensington, MD 20895

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City of Rockville Asian Pacific American Task Force	<ul style="list-style-type: none"> The task force is a group committed to helping Rockville become more aware of the needs of the Asian-American community. The task force also provides resources, educates the general public about the contributions of Asian-Americans, and engages the Asian-American community (businesses and residents) in city activities. Taskforce members are available to translate written material or interpret conversations. They meet on the first Tuesday every month at 7:30 pm 	https://www.rockvillemd.gov/147/Asian-Pacific-American-Task-Force	111 Maryland Ave. Rockville, MD 20850 240-314-8316
Asian Pacific American Legal Resource Center	<ul style="list-style-type: none"> Offers immigration and other legal services to immigrants from all countries, including citizenship workshops and free legal clinics. 	https://www.apalrc.org/	1627 K Street, N.W., Suite 610 Washington, D.C. 2006 (202) 393-3572 Main extension: ext. 22 Chinese: ext. 18, Hindi/Urdu: ext. 19 Vietnamese: ext. 20, Korean: ext. 21
Gilchrist Immigrant Resource Center	<ul style="list-style-type: none"> Provides a wide range of resources including healthcare information, rental assistance, food, where to find immigration and legal advice, and more. 	https://www.montgomerycountymd.gov/gilchrist/	240-777-4940
Human Rights Commission (HRC)	<ul style="list-style-type: none"> HRC provides a variety of services such as educational and cultural programs that promote global thinking, encourage civic awareness, and/or reflect the rich diversity found in the city. Some of these services and programs include voter registration and education, community outreach, the Diversity & Inclusion Initiative, the Student Ambassador Program, the Multimedia Scholarship Competition, and community celebration. They meet every fourth Wednesday at 7:30 pm 	https://www.rockvillemd.gov/108/Human-Rights-Commission	111 Maryland Ave. Rockville, MD 20850 240-314-8316

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Office of Community Partnerships	<ul style="list-style-type: none"> Mr. Yi Shen, Asian Liaison 	https://www.montgomerycountymd.gov/partnerships/	Yi.Shen@montgomerycountymd.gov 240-277-3684
Society for the Psychological Study of Culture, Ethnicity, and Race	<ul style="list-style-type: none"> The Division 45 Anti-Asian Discrimination Task Force partnered with members of the Asian American Psychological Association to develop a public education campaign to educate Asian American families about how to discuss discrimination issues with family members and communities, how to support those experiencing discrimination these issues and to seek help when necessary. Each campaign includes a short video and single panel infographic in Chinese, Korean, Vietnamese, Tagalog, Bengali, Urdu, and Hindi. 	https://division45.org/public-service-announcements-for-aapi-families-facing-covid-19-discrimination/	American Psychological Association 750 First Street, NE Washington, DC 20002 202-336-6013
Stop AAPI Hate	<ul style="list-style-type: none"> Stop AAPI Hate is a reporting center that tracks and responds to incidents of hate, violence, harassment, discrimination, shunning, and child bullying. Offers multilingual resources for impacted community members. Provides technical assistance from rapid response to preventative measures. 	https://stopaapihate.org/	
Mental Health Services			
Montgomery County 24-Hour Crisis Center	<ul style="list-style-type: none"> Provides free crisis services 24 hours a day/ 365 days a year, which includes full crisis assessments and treatment referrals for all crises, both psychiatric and situational. 	https://montgomerycountymd.gov/HHS-Program/Program.aspx?id=BHCS/BHCS24hrcrisiscenter-p204.html	240-777-4000
Asian American Health Initiative (AAHI) Mental Health Related Educational Resources	<ul style="list-style-type: none"> Photonovels on various mental health topics. Library of short videos to help viewers maintain their mental health during the COVID-19 crisis including the impact of stigma during COVID-19. Provides a list of culturally and linguistically competent therapists who speak different Asian languages. 	https://aahiinfo.org/aahi-resources/#covid-19-resources	240-777-4517

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	<ul style="list-style-type: none"> Resources are available in English, Chinese, Hindi, Korean, and Vietnamese. 		
EveryMind	<ul style="list-style-type: none"> Offers a host of mental health services including a free 24/7 hotline with phone, text, and chat specialists. 	https://www.every-mind.org/7493-2/	301-738-2255
Mental Health/Substance Abuse Screening and Referral Program (also known as ACCESS to Behavioral Health)	<ul style="list-style-type: none"> Provides assessments and linkages for uninsured, low-income persons of all ages who need services for major mental health and/or substance abuse problems. 	https://www.montgomerycountymd.gov/HHS-Program/Program.aspx?id=BHCS/BHCSACCBhavhealthsvcs-p239.html	240-777-1770
Asian American Organizations/Online Services			
Chinese American Parent Association of Montgomery County (CAPA-MC)	<ul style="list-style-type: none"> Non-profit organization that provides services and advocates for Asian Americans, especially Chinese American families in Montgomery County. Provides series of workshops focusing on mental health and cross-generation communication. Provides anti-bullying/harassment workshops to provide parents and students with effective strategies to confront and avoid bullying. 	https://www.capamc.org/english/initiatives-advocacy/xgencomm/	12774 Wisteria Drive, #115 Germantown, MD 20875 240-630-2272
Online Counseling Programs	<ul style="list-style-type: none"> Provides an extensive list of organizations, digital resources, videos, support groups, and therapy directories to help support the mental health of young people of color. This resource also provides a list of Instagram accounts of mental health educators, therapists of color, and community support pages. 	https://onlinecounselingprograms.com/resources/mental-health-resources-students-of-color/ https://onlinecounselingprograms.com/resources/racial-injustice-mental-health-resources/	
South Asian Therapist Network	<ul style="list-style-type: none"> Largest global directory of culturally sensitive and culturally competent South Asian therapists. 	https://southasiantherapists.org/find-a-therapist/	
Asian Mental Health Collective	<ul style="list-style-type: none"> Asian Mental Health Collective works towards de-stigmatizing mental health within the Asian community. Provides an Asian American mental health therapist list. 	https://www.asianmhc.org/	

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MannMukti	<ul style="list-style-type: none"> Encourages a healthy, open dialogue of South Asian mental health issues to remove stigma, improve awareness and promote self-care. Provides a list of South Asian mental health providers. 	https://www.mannmukti.org/	
Other Multilingual Resources			
Association of Vietnamese Americans (AVA)	<ul style="list-style-type: none"> Provides general consultation to aid clients in work, life, family issues, and referrals to other service providers, organizations, or government agencies. Services are also provided in Vietnamese. 	http://www.avaus.org/	301-588-6862 The World Building 8121 Georgia Ave, Suite 503 Silver Spring, MD 20910 info@mdvietmutual.org
Asian American Inter Community Service, Inc. (AICS)	<ul style="list-style-type: none"> Addresses health insurance enrollment, depression counseling, and chronic disease symptoms management using telehealth platform and more. 	https://www.aicscare.org/mental-health/	aicscare@aicscare.org
Be Well Initiative (BWI)	<ul style="list-style-type: none"> Provides mental health counseling services such as stress management strategies to improve physical and emotional wellbeing. Holds safe space weekly zoom session on Sundays from 11:00 am – 12:00 pm. Services are also provided in Nepalese. 	http://www.bewellinitiative.com/	bewell2072@gmail.com
Chinese Culture and Community Service Center's (CCACC) Pan Asian Volunteer Health Clinic (PAHVC)	<ul style="list-style-type: none"> Disseminates mental health information through lectures and seminars. Provides short-term crisis aid services for people who have limited medical resources. 	https://www.ccacchealth.org/mental-health	9318 Gaither Road, Suite 205 Gaithersburg, MD 20877 240-393-5950 contact@pavhc-dc.org panasianclinic@ccacc-dc.org
Korean Community Service Center of Greater Washington (KCSC)	<ul style="list-style-type: none"> Mental health professionals are available to provide emotional and mental health support to individuals of all ages. Services are also provided in Korean. 	http://www.kcscgw.org/services-2/mental-health/	703-354-6345 EXT. 109 Phan@kcscgw.org

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Patient Navigator Program (PNP)	<ul style="list-style-type: none"> Provides general health information and navigates callers through the extensive network of local resources and services available to County residents. 	https://aahiinfo.org/patient-navigator-program/	Main Telephone: (301) 760-7050 Toll-Free: (866) 403-1566 Press #1 for Chinese Press #2 for Korean Press #3 for Hindi Press #4 for Vietnamese
Vietnamese American Services (VAS)	<ul style="list-style-type: none"> Provides information and services on various topics. Provides complimentary medical interpretation services. Provides series of educational workshops on behavioral health and benefits of social services. Services are also provided in Vietnamese. 	https://vasusa.org/	301-646-5852 info@vasusa.org 12621 Old Columbia Pike, Silver Spring MD, 20904

Contact AAHI with any questions:

Telephone: 240-777-4517

Email: info@AAHIinfo.org

Website: www.AAHIinfo.org



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AAHI will update this guide on a regular basis on our website, you can also access on our website:

<https://aahiinfo.org/aahi-resources/>

If you would like to be on the email distribution list to receive notifications of these updates, please email Samikshya Sapkota at

samikshya.sapkota@montgomerycountymd.gov

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