

# Mental Health Resource Guide for Asian Communities

English





# Purpose of this Guide



**EVERYONE NEEDS TO HAVE GOOD MENTAL HEALTH.**



This guide is designed for the Asian Americans community. We created this for you to learn more about mental health and to keep yourself and people you care about to be mentally well.

Feel free to share these translated materials with your community. It is translated to your specific language.

Mental health challenges are real and affect everyone. Therefore, we include personal stories from members of our diverse communities.

The information provided here is not to be used to diagnose yourself or anyone else, but to give better understanding. This information does not replace seeing a health professional.

This guide is also just a starting point. There is still much more to learn about, but it is not possible to cover in one guide.

Please take care as you read through the content; some of the topics covered are heavy.

*Please remember that you matter and have a unique life story and gifts to bring to this world.*



Ohio Asian American  
Health Coalition



Department of  
Mental Health &  
Addiction Services

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## OVERVIEW & PREVALENCE of Mental Illness

About 13 % of people in the Asian community have a mental illness (nearly 3 million in 23 million). Asian Americans are three times less likely to seek treatment for mental health challenges compared to other Americans. In 2019, only 23% of Asian American adults with a mental illness received treatment.

Mental illnesses are conditions that affect a person's thinking, feeling, mood or behavior such as depression, anxiety, bipolar disorder, or schizophrenia. A mental illness may be short-time or long-lasting and affects someone's ability to relate to others and function each day.

**THERE IS NO SINGLE CAUSE FOR MENTAL ILLNESS.** Several factors can contribute to risk for mental illness such as:

- Biological factors or chemical imbalances in the brain
- Early adverse life experiences, such as trauma or a history of abuse
- Experiences related to other ongoing (chronic) medical conditions, such as cancer or diabetes
- Use of alcohol or drugs
- Loneliness or isolation

### Treatment modalities

#### Stigma

In many Asian cultures, mental illness is stigmatizing; mental illness has often been considered a weakness or a sign of poor parenting, and a source of shame not only to the individual, but also to the entire household. The desire to protect the family's reputation can often discourage help-seeking until there is a crisis. Identifying mental illnesses as early as possible is important so people do not have to go as long before getting treatment to feel better.

**Don't use** words like "crazy" or "psycho" to describe someone with a mental illness

**Don't** treat people with mental illness as incompetent or like children

**Don't** tell the person statements such as, "Everything will be fine" or "It's no big deal" when someone is describing how they are thinking or feeling

**Don't** belittle the person and their efforts toward recovery by saying things like, "Just snap out of it" or "You brought this on yourself" or "Just think happy thoughts and you'll be fine"

#### Community Story

"As an individual who has now lived here longer than other two countries combined, having raised a multi-cultural family (two sons) with a husband of German descent, the question of ( cultural) identity weighs heavily in my psyche. This, combined with (seeming) increasing racial division and heightened animosity particularly against Asians since the pandemic, I cannot help but feel concerned for my genetically half-Asian adult sons. The first thing we need to recognize is that we are not alone in this. I'm glad that this topic [mental health] is now part of the national conversation." - P.W.

## Mental Health Professionals

The relationship and communication between a person and their mental health provider is a key aspect of treatment.

Every person's experience in the journey to recover from mental health issues is different. Understanding the societal and cultural influences in mental health care is the first step in avoiding misunderstandings, removing obstacles and encouraging people of all cultures to access the care they need.

It's very important that a person feels their cultural identity is understood by their provider to receive the best possible support and care. Reaching out for help is not easy but taking that step can make a big difference in addressing your mental health issues and it will be so worth it.

Seeking professional help starts with understanding who the providers are. While it is recommended to seek help from a mental health professional, a primary care professional (your doctor) can be a great place to start for an initial assessment or to get a referral for a recommended mental health professional.

**Primary care physician (PCP)** the medical doctor responsible for overseeing your medical care.

**Psychiatrist (MD, DO)** a medical doctor who specializes in the treatment of mental disorders. A psychiatrist provides medical care to individuals suffering from all kinds of mental health illnesses. They are qualified doctors who specialize in the diagnosis and treatment of depression, anxiety, substance abuse, bipolar disorder and other mental illnesses.

**Advanced practitioners (NP, PA) provide** assessment, diagnosis and therapy for mental health conditions or substance use disorders.

**Clinical Psychologist (PhD, PsyD)** trained to diagnose and treat psychiatric disorders. Although they are not medical doctors, some psychologists can prescribe medications

**Licensed Independent Social workers (LISW) Counselors (LLC , others)** trained to evaluate a person's mental health and use therapeutic techniques based on specific training programs.

**Crisis support specialists** trained in providing help for those experiencing crisis situations

**Substance abuse counselor** trained to help those with substance use challenges

**Certified peer specialists** - specialist with training that enables them to use their lived experience to help others

When looking for mental health treatment, most people feel more comfortable talking to someone who can relate to their experiences and situation.

For some, it can be challenging to find resources that address their particular cultural factors and needs, which is why open communication with a supportive family and caring community are also so important.

## TREATMENT MODALITIES

An accurate diagnosis will help determine the appropriate treatment. The more information you have, the more you will be prepared to work with your mental health professional in understanding what your symptoms may represent.

Your treatment depends on the type of mental health problems you have, its severity and what works best for you. In many cases, a combination of treatments works best.

### MEDICATIONS

Although psychiatric medications don't cure mental illness, they are designed to improve symptoms. The best medications for you will depend on the diagnosis and how your body responds to the medication.

**1. Antidepressants** – these are used to treat depression, anxiety and sometimes other conditions.

**2. Mood-stabilizing medications**- are used to treat bipolar disorders, which involves alternating episodes of mania and depression.

**3. Anti-anxiety medications**- these drugs are used to treat anxiety disorders, such as generalized anxiety disorder or panic disorders.

**4. Antipsychotic medications**- are typically used to treat psychotic disorders, such as schizophrenia

### PSYCHOTHERAPY-

Involves talking about your condition and related issues. You learn about your condition and your moods, feelings, thoughts, and behavior. You gain insights and knowledge, and you can learn coping and stress management skills.

**1. Supportive Psychotherapy.** This type of therapy involves a meeting with you to offer support as you work through a stressful situation.

**2. Cognitive Behavioral Therapy (CBT)**- you work with the therapist to understand how your thoughts, actions, and emotions are connected. Variations of CBT are often used to treat PTSD.

**3. Family Therapy.** A family therapist helps families understand your diagnosis and learn how they can support you.

**4. Support groups** connect you to others having similar experiences as you. Support groups are available for most mental illnesses, as well as for families.

### Alternatives to Treatment

Traditional medicine or indigenous healing practices, which often emphasize the integration of mind and body in maintaining health and promoting healing, remain popular forms of mental health intervention in some Asian communities. These practices include, but are not limited to:

TCM Traditional Chinese Medicine  
Kampo Japanese Herbal Medicine  
Acupuncture  
Guided Meditation /Yoga  
Nutritional Therapy

Ayurveda Traditional Medicine of India  
gSo-ba Rigpa Tibetan Medicine  
Energy Healing exercises (Tai Chi, Qigong)  
Spiritual Healing  
Massage Therapy

## **ANXIETY**

Anxiety is a normal part of life. Many people worry about things such as health, money, or family problems but anxiety disorders involve more than temporary worry or fear.

For people with an anxiety disorder, the anxiety does not go away and can get worse over time. The symptoms can interfere with daily activities such as job performance, schoolwork, family and relationships.

There are different types of anxiety disorders including panic disorders and phobias. One of the most common anxiety disorders is the Generalized Anxiety Disorder (GAD).

### **Signs and symptoms of generalized anxiety disorder (GAD):**

- Worry excessively about everyday things
- Have trouble controlling their worries or feelings of nervousness
- Know that they worry much more than they should
- Feel restless and have trouble relaxing
- Have a hard time concentrating
- Have trouble falling asleep or staying asleep
- Tire easily or feel tired all the time
- Have headaches, muscle aches, stomachaches, or unexplained pains
- Feel irritable

### **Seek help**

If you think you're experiencing symptoms of GAD, talk to a health care provider. A health care provider may refer you to a mental health professional. The first step to effective treatment is to get a diagnosis so your anxiety can be treated.

### **Treatment Modalities**

### **Community Story**

“For the past few years, I have struggled with anxiety due to the fear of not being able to reach the expectations of my parents and live the “American Dream.” Fear and guilt both haunted and exhausted me. I want others who may struggle with the same issue to know that mental health issues are nothing to be ashamed of and more common than you think. Don't overburden yourself with the unhealthy standards of society; instead, listen to your heart and body. Take care of yourself and communicate with your loved ones.” - A.L

## DEPRESSION

Major Depressive Disorder (MDD) is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Depression causes feelings of sadness and/or a loss of interest in activities you once enjoyed. It can lead to a variety of emotional and physical problems and can decrease your ability to function at work and at home.

Being sad is not the same as having depression. The grieving process is natural and unique to each individual and shares some of the same features of depression. Both grief and depression may involve intense sadness and withdrawal from usual activities.

### Signs and Symptoms:

Depression symptoms can vary from mild to severe:

- Feeling sad or having a depressed mood
- Loss of interest or pleasure in activities once enjoyed
- Changes in appetite — weight loss or gain unrelated to dieting
- Trouble sleeping or sleeping too much
- Loss of energy or increased fatigue
- Increase in purposeless physical activity (e.g., inability to sit still, pacing, handwringing) or slowed movements or speech (these actions must be severe enough to be observable by others)
- Feeling worthless or guilty
- Difficulty thinking, concentrating or making decisions
- Thoughts of death or suicide- this can lead to a mental health crisis

### Treatment:

Between 80% and 90% percent of people diagnosed with depression respond well to treatment. Almost all patients gain some relief from their symptoms.

Before a diagnosis or treatment, a health professional should conduct a thorough diagnostic evaluation, including an interview and a physical examination. Need to know if the depression is due to a medical condition like a thyroid problem or a vitamin deficiency.

### Treatment Modalities-

#### Community Story

“I had clinical depression after my husband passed away. I was so distraught that I did not want to leave the house, I became increasingly isolated socially and lost interest in doing things that I used to enjoy. I saw a Caucasian psychiatrist and joined a bereavement support group, but I felt they were not culturally sensitive and responsive. My depression deepened and I was taking anti-depressants. I focused on my spirituality and felt the support of an Asian Christian Faith group helped me cope with this illness.” - E.H



## BIPOLAR DISORDER

Bipolar Disorder Bipolar disorder is a mental health condition that causes extreme changes in how you feel, think, and act.

Bipolar disorder includes emotional lows (depression) to emotional highs (mania, or less called hypomania). These episodes of depression or mania/hypomania can last days to months.

### Signs and Symptoms:

**A manic or hypomanic** episode can range from mild to severe:

- Abnormally upbeat, jumpy, wired
- Increased activity, energy or agitation; unusually talkative
- Exaggerated sense of well-being and self-confidence
- Decreased need for sleep
- Racing thoughts, distracted thinking
- Poor decision-making, engaging in risky behaviors
- Break from reality (psychosis) *Mania only*

**A depressive episode** can range from mild to severe:

- Feeling sad or having a depressed mood
- Loss of interest or pleasure in activities once enjoyed
- Changes in appetite — weight loss or gain unrelated to dieting
- Trouble sleeping or sleeping too much
- Loss of energy or increased fatigue
- Increase in purposeless physical activity OR slowed movements or speech
- Feeling worthless or guilty
- Difficulty thinking, concentrating or making decisions
- Thoughts of death or suicide- this can lead to a mental health crisis

### Treatment:

Bipolar disorder is treatable. A thorough diagnostic evaluation should be completed by a trained mental health professional. Medications and psychotherapy can both help manage symptoms of bipolar disorder. **Treatment Modalities:**

## SUICIDE & SELF-HARM

**Suicide** - occurs in all age groups but has been on the rise in Asian American youth in recent years. Suicide is preventable with appropriate and timely medical intervention.

For Asian Americans a strong connection to ethnic group and family support have shown to be protective against suicide.

**Self-harm**, also sometimes called non-suicidal self-injury, is a behavior that is frequently associated with suicide and suicide attempts. It is a risk factor for suicide. However, unlike suicide, when a person self-harms, they are not intending to die.

People may self-harm in many ways; the most common is usually cutting. Other forms of self-harm include burning, hair plucking, skin picking, and others.

Friends and family can help their loved ones by staying calm, non-judgmental, and connecting the person with a mental health provider.

### **Crisis Situation**

A crisis is a period where a person is at risk of hurting themselves or someone else. Often, individuals in crisis feel hopeless and struggle to see solutions other than suicide to their problems.

During a crisis, hospitalization is sometimes necessary to keep someone safe. Most people with suicidal thoughts, or who make a suicide attempt, have an underlying, biologically based psychiatric disorder. Treating the underlying disorder, often with medications and psychotherapy, is necessary.

### **How to Help:**

1. Ask: "Are you thinking about killing yourself?"
2. Keep Them Safe: Reduce access to lethal items or places.
3. Ask the person if they have a plan, then remove or disable the means to follow through on that plan.
4. Be There: Listen carefully and acknowledge their feelings. Learn what they are thinking and feeling.
5. During a crisis stopping suicidal behavior is the priority.
6. Talking about suicide will not worsen the thoughts of suicide; in fact, according to research, it may help.
7. Help Them Connect: **Call 988** or **Text HELLO to 741741**. You can also message the Crisis Text Line on WhatsApp or on a computer by typing 741741 into the search bar.
8. Stay Connected: Follow up and stay in touch after a crisis.

## TRAUMA & PTSD

Post-traumatic stress disorder (PTSD) is a brain-based disorder that occurs to some people after exposure to a traumatic event. It is normal and healthy to experience fear during a terrifying or scary experience.

This fight-or-flight response is a whole-body reaction to a dangerous situation that starts in the brain. It is an essential response for survival. However, for some individuals, once this fight-or-flight response is triggered by a traumatic event, the brain remains on high alert. The fight-or-flight response is easily triggered, even though they are no longer in danger. PTSD is the brain going into overdrive trying to keep the person safe.

### Signs and Symptoms:

- Nightmares or flashbacks, poor sleep
- Avoidance of reminders of the traumatic event
- Loss of interest in activities, feeling detached, or unable to feel positive emotions
- Shame, guilt, horror, fear, sadness, or anger
- Unable to remember parts of the traumatic event
- Negative beliefs about oneself or about others
- Irritability or angry outbursts
- Reckless or self-destructive behavior
- Easily startled, overly alert to surroundings (hypervigilant)
- Poor concentration

### Treatment Modalities:

#### Community Story

“My family members fled Southeast Asia via boat. They left everything behind and endured a dangerous months-long journey in the Pacific Ocean and then to refugee camps. When you’ve left everything behind from your ‘past life’ and world, I can understand why my father would hoard and not bear to throw away or donate anything. Even my mother and I have our own problems with the tendency to hold onto items and shop to cope with stress. Our home is not really livable. Guests cannot come over because of all the stuff taking up every available space; the house serves more as a storage container. I know others can relate. It takes a lot of ongoing work to heal from traumas, including intergenerational.” - M.

## PSYCHOSIS & SCHIZOPHRENIA

Schizophrenia is a mental disorder that disrupts how a person thinks, feels, acts, and interacts with the world around them. Schizophrenia can be terrifying and devastating both for the person as well as families.

The symptoms of the disorder frequently lead to suffering and difficulty participating in daily activities. However, with appropriate medical care, many people can live fulfilling lives with schizophrenia.

### **Signs and Symptoms may include:**

Hallucinations: An experience through seeing, hearing, touching, tasting and smelling that doesn't exist and it is not real

-Delusions: A belief that is not true and it does not change even when presented with clear evidence that the thought is false.

-Disorganized thinking and speech

-Disorganized or abnormal behaviors. There can be a range of behaviors from childlike to pacing and irritability.

It is important to remember that most people with schizophrenia are not violent. Getting treatment early in life is key to preventing violence.

-Decrease in expression of emotions

-Difficulty with social interactions and low motivation

-Symptoms often cause difficulty with education and employment that can lead to disability

Suicide is also a risk for individuals with schizophrenia. Some individuals hallucinate (voices) commanding them to hurt themselves.

### **Treatment Modalities:**

#### **Community Story**

“Having a family member who was diagnosed with schizophrenia was a big burden and source of tension and stress in the family. It only became manageable when we accepted the fact that mental illness is a disease of the brain and of the mind.

Therefore, just like any physical illness, those with mental health problems need to be provided as much support and understanding. Coming together as a family in a family session with an Asian psychiatrist was very helpful. There are a lot of mental health providers who can help alleviate the stress of having a loved one with serious mental illness.” -Cosette

## ADDICTIONS

Addictions are medical disorders, based in the brain, that can have devastating implications for those affected.

Individuals can be addicted to a drug, chemical, or substance such as:

1. Opiates (ex., heroin, fentanyl,
2. Prescription pain medications such as hydrocodone, oxycodone, codeine, morphine),
3. Stimulants (methadone, cocaine, ecstasy [MDMA], and prescription stimulants),
4. Hallucinogens, inhalants, alcohol, and marijuana.

**Signs and Symptoms:** Substance Use Disorder (SUD) is when a person develops:

-Cravings

-Spends a great deal of time trying to obtain the substance or engaging in addictive behaviors

- Develop Tolerance- When higher doses of a drug are needed to achieve the effect that used to come from a lower dose

-Withdrawal: Mental and physical symptoms from stopping a drug

-Negative life consequences because of use such as financial or relationship problems, but this doesn't stop them from using

People can also have an addiction to behaviors such as gambling or video gaming.

### **Gambling Disorder Symptoms**

Gambling rises to the level of an addiction when a person begins to spend a significant amount of time and/or money looking for a feeling of excitement from gambling.

Also called "problem gambling." **For help CALL:** Ohio Problem Gambling Helpline at 1-800-589-9966

### **Treatment Options** (See also Treatment Modalities)

Contact SAMHSA's National Helpline at 1-800-622-HELP (4357) for a free, confidential treatment referral to local treatment facilities, support groups, or community organizations.

*Overdose:* If you or someone you know has an addiction to opiates, consider carrying naloxone (Narcan). Naloxone is an over-the-counter medication available in most pharmacies that reverses opiate overdose symptoms. You can save a life.

## MENTAL HEALTH IN CHILDREN, TEENS & ELDERLY

Taking steps to maintain mental well-being, prevent mental illness, and treat emerging disorders are all essential for supporting healthy futures for children.

Early identification and treatment of childhood mental disorders results in better outcomes as adults.

### Common Mental Disorders of Childhood

**Autism spectrum disorder (ASD)** is commonly diagnosed in early childhood that continues into adulthood. It is a developmental disorder that children are born with, however is often not diagnosed until toddlerhood to pre-school age. Children with autism often struggle with the following **symptoms**:

- Delayed language development
- Difficulty establishing and maintaining relationships
- Struggle with small changes in routine
- Have highly ritualized behavior such as rocking, or keeping special objects in a particular place
- Unusually intense interest/focus on particular objects, topics, or activities

**Attention Deficit Hyperactivity Disorder (ADHD)** is a developmental disorder that involves difficulty with poor concentration, hyperactivity, and/or impulsiveness.

#### **Symptoms include:**

- Makes mistakes, disorganized
- Easily distracted, difficulty with tasks that require paying attention,
- Seems to not be paying attention when spoken to
- Impulsive: talks too much, tends to interrupt, restless
- Has a hard time waiting his/ her turn

**Depression** and **anxiety** have been on the rise in children and in the elderly.

**Dementia** is a chronic and progressive disorder of the brain that impacts the elderly.

**Suicide is** a particular concern for these groups as well

**Substance abuse** and **eating disorders** often develop in late childhood or adolescence.

Mental Health is as important for the elderly and for other generations.

## **SELF CARE for Mental Health**

There are a number of ways for us to stay well physically and mentally and be our best selves.

### **MAINTAIN A ROUTINE:**

Keep to a general schedule for your day. Set a time to get up in the morning; resist the urge to sleep in “just because I can” or particularly to avoid the day. Keep mealtimes routine. Identify a consistent time to go to bed and have a bedtime routine.

### **EXERCISE:**

Getting at least 15-20 minutes of activity a day (such as walking or doing tai chi) is important for both physical health and mental health. Aerobic exercise can have a positive effect on your stress and anxiety. Work with your doctor to help figure out what kind of exercise routine would be a good choice for your physical health. Remember, activities you enjoy are activities you are likely to continue.

### **HEALTHY EATING:**

Eating a healthy diet is important for physical health, and for maintaining mental health. Keeping mealtimes consistent can be helpful.

### **SLEEP:**

Sleep remains important for brain health. Aim for 7-9 hours of sleep at night. If you take naps, try to make them 30-60 minutes. Children and teens tend to need more sleep than this average, and elderly often require slightly less.

### **RELATIONSHIPS:**

Staying connected to extended family and friends is highly protective for mental health.

### **ACTIVITIES:**

Activities that are particularly helpful fall into two categories: Activities of pleasure (such as going to movies) and activities of accomplishment (such as learning how to play guitar).

### **YOGA:**

The combination of physical postures, breathing exercises and meditation found in yoga have helped many people improve the management of their anxiety disorder.

### **KEEP YOUR BRAIN ACTIVE:**

Brains are like muscles; using them is important for keeping them working. Be sure to continue to engage in intellectual pursuits, puzzles, mahjong, card games and activities that require thinking.

### **FAITH and SPIRITUALITY:**

Faith and spirituality have important influences on mental health, especially for the AANHPI community where religious diversity is important, and more people identify as Buddhists, Hindus, Muslims, Christians or other religious affiliations compared to the U.S. average.

### **FIND WAYS TO SHARE YOUR WISDOM**

Especially for older adults, an important psychological task at this age is to share that wisdom. There are several ways to do this: Write about your experiences, oral storytelling, cooking with children, volunteering, and others.

**This guide will provide  
brief summaries on:**

**Information on mental health  
and mental illnesses**

**Ways to support yourself and  
your loved ones and community**

**Stories from community members**



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Anxiety, Depression, Relationship Issues  
Additional Languages: Mandarin

**Shonali Raney PhD**

Shonali Raney LLC  
4041 N High St Suite 300 I,  
Columbus, OH 43214  
614-953-5448  
shonalaraney@gmail.com  
Trauma, PTSD, Grief, Relationship Issues,  
clients 25 and above only  
Additional Languages: Hindi

**Yingting (Abby) Zou LPC**

Beacon Counseling  
100 Dorchester Square #102,  
Westerville, OH 43081  
614- 890-8262  
florencecounseling1010@gmail.com  
Young Adults, Anxiety and Depression,  
Personality Disorder, Spiritual issues,  
Cross-cultural issues, Identity and career,  
Women's issues

**Yiu-Chung Chan MD**

Wexner Medical Center  
410 W 10th Ave Columbus 43210  
614-293-9600  
Additional Languages: Cantonese Chinese

**Subhdeep Virk MD**

Wexner Medical Center  
410 W 10th Ave Columbus 43210  
614-293-9600  
Additional Languages: Hindi, Punjabi

**Meera Menon MD**

Mental and Behavioral Health Dublin  
6700 University Boulevard 3rd Floor,  
3E Dublin, OH 43016  
614-293-9600

**Madhvi Patel MD**

Wexner Medical Center  
412 W 10th Ave Columbus 43210  
614-293-9600

**Kinh Luan Phan MD**

Harding Hospital  
1670 Upham Drive Columbus, OH 43210  
614-293-9600

**Kevin Johns MD**

Wexner Medical Center  
414 W 10th Ave Columbus 43210  
614-293-9600  
Anxiety

# Provider Directory

Chiaothong Yong PhD  
Wexner Medical Center  
415 W 10th Ave Columbus 43210  
614-293-9600

Obsessive-Compulsive Disorder, Health Services for Transgender Persons, Eating Disorders, Post-Traumatic Stress Disorders, Anxiety, depression

Christopher Nguyen PhD  
Wexner Medical Center  
416 W 10th Ave Columbus 43210  
614-293-9600

Neurodegenerative Diseases, Psychotherapy, Psychiatry, Brain Injuries, Anxiety, Memory Disorders. Neuropsychological Tests, Psychological Tests, Dementia, Neuropsychology, Depression

Camille Wilson PhD  
Nationwide Childrens Hospital  
700 Children's Dr Columbus, OH 43205  
614-722-4700  
Pediatric Psychiatry

Babetta Mathai PhD  
Nationwide Childrens Hospital  
700 Children's Dr Columbus, OH 43205  
614-722-4700  
Pediatric Psychiatry

Samanta Boddapati PhD  
Nationwide Childrens Hospital  
700 Children's Dr Columbus, OH 43205  
614-722-4700  
Pediatric Psychiatry

Chikako Cox PhD  
3805 N High St Ste 304 Columbus, Ohio 43215  
614-725-9134  
ADHD, Anxiety, Depression, Family Conflict, Identity, Relationship Issues, Violence, Grief, addictions, Men/Women issues, psychotic disorders  
Additional Languages: Japanese

Daniel Lee MD  
Ohio Health  
785 McConnell Dr Columbus, OH 43214  
614-566-2440  
Psychiatry

Diana Webb LISW-S  
Columbus Behavioral Health  
6265 Riverside Dr, Dublin, OH 43017  
614-360-2600

ADHD, disorder coping, relationships, depression, anxiety, family issues, identity development, LGBTQI, violence, PTSD, women's issues, veterans, assault  
Additional Languages: Cantonese and Spanish

Jeeseon Park-Saltzman PhD  
Park-Saltzman Psychological services LLC  
4929 Dierker Rd. Suite A  
Upper Arlington, OH 43220  
614-929-5170  
jpark@parksaltzmanpsych.com  
Depression, Anxiety, Grief, relationship issues, bicultural navigation, Racial and ethnic identity issues, with expertise in working with Asian or Asian American  
Additional Languages: Korean

Keli A Yee PsyD  
580 South High St., Ste. 100 Columbus Ohio 43215  
614 444-0961  
Adult General Practice

Akanksha Dutt PsyD  
Reset Button Counseling LLC  
4041 N High St Suite 102,  
Columbus, OH 43214  
614-931-0228  
Adult General Practice, Anxiety, Cross-Cultural/Social Issues, Depression, Grief, Life Transitions, Relationship Issues, Trauma Counseling, Women's Issues

Carol Y Chung MD  
Ohio Health  
3535 Olentangy River Rd,  
Columbus, OH 43214  
614-566-5000  
Psychiatry

# Provider Directory

Akemi Brewer, PsyD  
Child Focus  
4633 Aicholtz Rd  
Cincinnati, OH 45244  
(513) 752-1555

Anjali Maharaj Shah, DO  
Apraku Psychiatry  
Telehealth Only  
help@apraku.com  
Website: apraku.com  
Insurance not accepted

Aruna A. Puthota, DO  
The Christ Hospital Medical Office Building  
2123 Auburn Ave Suite 235  
Cincinnati, OH 45219  
(513) 585-3238

Maddy Campbell, LPC  
4847 Eastern Ave  
Cincinnati, OH 45208  
(513) 399-6843  
maddy.campbell@skywaycounseling.com

Eric Chang, LPC  
TG Counseling LLC  
230 William Howard Taft Rd  
Cincinnati, OH 45219  
(513) 486-4658  
tgc.heb416@gmail.com

Babu Gupta, MD  
NeuroPsych Center of Greater Cincinnati  
4015 Executive Park Dr Suite 320  
Cincinnati, OH 45241  
&  
431 Ohio Pike, Suite 103  
Cincinnati, OH 45255  
(513) 563-0488  
info@cincinnatiateriatricpsych.com

Debjani Sinha, PhD  
9403 Kenwood Rd, Suite D-207  
Cincinnati, OH 45242  
(513) 791-9900

Kalpana Parekh, MSW, LISW-S  
Mindfully Ohio  
1251 Nilles Rd, Suite 5  
Fairfield, OH 45014  
(888) 830-0347  
info@mindfully.com

Meera Murthi, PhD  
1348 Chapel St  
Cincinnati, OH 45206  
(513) 815-3621

Nancy Panganamala, PsyD  
Cincinnati Psychotherapy Solutions  
9403 Kenwood Rd Suite D112  
Cincinnati, OH 45242  
(513) 793-3900  
Insurance not accepted

Hemmy Asamsama, PsyD, DrPH  
3665 Erie Ave  
Cincinnati, OH 45208  
(513) 273-0450

Ramesh Shivani, MD  
Highland Family Medicine  
1487 N High St, Suite 102  
Hillsboro, OH 45133  
(937) 840-9150

Sailee Thakur, PsyD  
TriHealth  
6350 Glenway Ave  
Cincinnati, OH 45211  
(513) 481-0900  
sailee\_thakur@trihealth.com

Tamara Tatum, MA, LMFT, IMFT  
Learn2Thrive  
7265 Kenwood Rd. Suite 321  
Cincinnati, OH 45236  
(513) 657-9337  
ttatum@l2t.org

Tanvi Gupta, LPCC  
HerCalm Counseling  
Virtual Only  
(330) 349-2655  
tanvi@hercalm.com

Jenesis Clark, MA, LPCC  
Cincinnati Children's Burnet Campus  
3333 Burnet Ave  
Cincinnati, OH 45229  
(513) 636-3200  
Jenesis.clark@cchmc.org

Christine Lee, PhD  
Cincinnati Children's Norwood Campus  
2399 Wall St, Suite D  
Norwood, OH 45212  
(513) 636-3200  
Christine.lee@cchmc.org

Avani C. Modi, PhD  
Cincinnati Children's Burnet Campus  
3333 Burnet Ave  
Cincinnati, OH 45229  
(513) 636-3200  
Avani.modi@cchmc.org

Neeraja "Neej" Ravindran, PhD  
Cincinnati Children's Burnet Campus  
3333 Burnet Ave  
Cincinnati, OH 45229  
(513) 636-3200  
Neeraja.ravindran@cchmc.org

David Nguyen, DO  
Cincinnati Children's College Hill Campus  
5642 Hamilton Ave  
Cincinnati, OH 45224  
(513) 636-3200  
David.nguyen@cchmc.org

Suzanne J. Sampang, MD  
Cincinnati Children's College Hill Campus  
5642 Hamilton Ave  
Cincinnati, OH 45224  
(513) 636-3200

Katherine C. Soe, MD  
Cincinnati Children's Burnet Campus  
3333 Burnet Ave  
Cincinnati, OH 45229  
(513) 636-3200  
Katherine.soe@cchmc.org

Katie Stefani, DO, MPH  
Hopple Street Neighborhood Health Center  
2750 Beekman St  
Cincinnati, OH 45225  
Katherine.stefani@cchmc.org

Ankita Zutshi, MD  
Cincinnati Children's College Hill Campus  
5642 Hamilton Ave  
Cincinnati, OH 45224  
(513) 636-3200  
pirc@cchmc.org

UC Health  
Mei Wang, PhD  
University of Cincinnati  
7759 University Drive, Suite C  
West Chester, OH 45069  
(513) 475-8282  
&  
151 West Galbraith Rd  
Cincinnati, OH 45216  
(513) 418-2500

Neha Gupta, MD  
University of Cincinnati  
3120 Burnet Ave, Suite 304  
Cincinnati, OH 45229  
(513) 585-7700

Jennie Hahn, MD  
University of Cincinnati  
3131 Harvey Ave, Suite 202  
Cincinnati, OH 45229  
(513) 585-8227

Moeno Honda, LISW  
University of Cincinnati  
3120 Burnet Ave, Suite 304  
Cincinnati, OH 45229  
(513) 585-5872

Richard Rothenberg, PsyD  
University of Cincinnati  
3120 Burnet Ave, Suite 304  
Cincinnati, OH 45229  
(513) 585-7700

Carolyn Chan, MD  
University of Cincinnati  
3200 Burnett Ave  
Cincinnati, OH 45229  
(513) 584-1000

Nelson Rodriguez, MD, FAPA  
University of Cincinnati  
3200 Burnett Ave  
Cincinnati, OH 45229  
(513) 584-1000  
&  
7700 University Dr  
West Chester, OH 45069  
(513) 298-3000

Jyoti Sachdeva, MD  
University of Cincinnati  
7675 Wellness Way, Suite 420a  
West Chester, OH 45069  
(513) 558-7700

# Provider Directory

Fnu Syeda Arshiya Farheen, MD  
1 Akron General Ave, Akron, OH 44307  
(330) 344-6525

ADHD, Cognitive Behavioral Therapy, Counseling, Adults, Children and  
Adolescents, Marriage and Family, PTSD  
Additional Languages: Mandarin

Jaykumar Grandhi, MD  
4646 Hilton Corporate Drive  
Columbus, OH 43232  
(866) 260-9267

Nishi Rajguru, CNP  
Wooster Family Health Center  
1740 Cleveland Road Wooster, OH 44691  
(330) 287-4500

Dr. Shu Ling, PhD  
Cleveland, OH 44114  
Online only  
Psychologist  
Top Specialties: Chronic Illness, Trauma  
and PTSD, Racial Identity

Dr. Sheetal Joshi, MD  
LifeStance Health  
822 Kumho Dr., Suite 101  
Fairlawn, OH 44333  
(330) 521-3495  
Specialties: Medication Management,  
Anxiety, Depression  
Psychiatrist

Dr. Noriyo Shoji-Schaffner, LPC, PhD  
Akron, OH 44333  
(330) 919-6316  
Specialties: Communication & Conflict  
Grief, Personality Disorders

Tao Wilkes, LSW  
Licensed Social Worker  
North Canton, OH 44720  
(614) 820-8621

Tianyi Bai, LSW  
Licensed Social Worker  
Simply Amazing Family Environment  
66 South Miller Road, Suite 203  
Fairlawn, OH 44333  
(330) 862-9367

# Provider Directory

Noriyo Shoji-Schaffner, PhD, LPC

Harmony Bay Wellness  
4661 Sawmill Rd Suite 3,  
Columbus, OH 43220  
844-959-1689

Telehealth and In-Person

Specialties: Mood Disorders, Coping Skills, Life Transitions, Grief,  
Conflict, Personality Disorders, stress, PTSD, women's issues

Additional Languages: Japanese

Aparna Zimmerman, PsyD

Self Matters LLC  
6989 Washington Woods Drive  
Dayton, OH 45459  
937-684-4161

Specialties: Anxiety, Life Transitions, Relationship Issues

Darshan Singh, MD

Wellness Card LLC  
1320 Woodman Drive  
Suite 200

Dayton, OH 45432  
937-223-1781

Additional Languages: Hindi, Punjabi, Urdu

Shu-Huei Miller, LPC

Riverscape Counseling  
671 Miamisburg-Centerville Rd  
Centerville, OH 45459  
937-319-4448

Specialties: Trauma, PTSD, ADHD, Depression, Individual and Couples  
Therapy

Additional Languages: Mandarin, Taiwanese

Tavni Gupta, LPCC

Her Calm Counseling  
330-349-2655  
TELEHEALTH ONLY

Specialties: Self Esteem Counseling, Trauma, Anxiety, Cultural Sensitivity

Additional Languages: Hindi, Urdu

Sharon Shaver, IMFT

5335 Far Hills Avenue Suite 201  
Dayton, OH 45429  
937-744-4778

Specialties: Marriage and Family

Raseena Jacob, MSED, LPC

937-821-5284  
Moraine, OH 45439

Specialties: Adolescents and young adults

Jithin Vijay, MA, LPCC

Jeeva Counseling, LLC  
(937) 443-7019  
Oakwood, OH

Specialties: Mood and Anxiety Disorders

Rafay Atiq, MD

Premier Physician Network  
3130 N County Road, 25A  
Troy, OH 45373  
937-440-7626

Additional Languages: Hindi

Specialties: Adult Psychiatry

Nihit Gupta, MD

Dayton Children's  
1 Children's Plaza  
Dayton, OH 45404  
937-641-3000

Additional Languages: Hindi

Specialties: Child and Adolescent Mental Health/Psychiatry

Bhupinder Kaur, MD

Dayton Children's  
76 Remick Boulevard  
Springsboro, OH 45066  
937-641-4040

Additional Languages: Punjabi, Hindi

Specialties: Child and Adolescent Mental Health/Psychiatry

Kalpana Miriyala, MD

Dayton Children's  
76 Remick Boulevard  
Springsboro, OH 45066  
937-641-4040

Specialties: Child and Adolescent Mental Health/Psychiatry

Additional Languages: Hindi, Telugu, Marathi

**Dr. Noriyo Shoji-Schaffner, PhD, LPC**  
 Directions Counseling and Coaching, Harmony Bay  
 Online only  
 (614) 888-9200  
 Additional Languages: Japanese  
 Religion: faith-based  
 Specialties: personality disorders, bipolar disorders,  
 family conflict, grief

**Mansi Ng, LISW**  
 Online only  
 Cleveland, OH 44130  
 (440) 659-2750  
 Specialties: Anxiety, Depression, Family Issues, Infertility, and Maternal  
 Mental Health

**Adit Adityanjee, MD, MBBS**  
 Nirvana Health and Wellness, Inc.  
 24700 Center Ridge Road, #230, Westlake, OH 44145  
 (440) 210-9479  
 Specialties: Addiction  
 Additional Languages: Hindi

**Victoria Kelly, MD**  
 University of Toledo Medical Center  
 3125 Transverse Dr. Toledo, OH 43614  
 419.383.5695  
 Specialties: Adult psychiatry, women's health, mood disorders

**Chandani Lewis, MD**  
 University of Toledo Medical Center  
 3125 Transverse Dr. Toledo, OH 43614  
 419.383.5695  
 Specialties: psychosis  
 Accepted Insurances:

**Shaheen Alam, MD**  
 ProMedica Physicians Behavioral Health  
 5800 Monroe St., Bldg G, Sylvania, Ohio 43560  
 419-824-6350  
 Additional Languages: Bangali

**Melchor L Mercado, MD**  
 ProMedica Physicians Behavioral Health  
 1252 Ralston Ave., Suite 401, Defiance, Ohio 43512  
 419-783-6805  
 Additional Languages: Tagalog  
 Specialties: Substance abuse

**Rizwan M. Mufti, MD**  
 ProMedica Physicians Behavioral Health  
 730 N. Macomb St., Suite 200, Monroe, Michigan 48162  
 734-240-1760  
 Additional languages: Hindi, Punjabi, Urdu  
 Specialties: electroconvulsive therapy

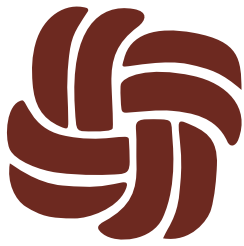
**Christine Krishnan, MA, LPC, NCC**  
 Trinity Care of Ohio, LLC  
 16800 Central Avenue Building F, Toledo, Ohio 43617  
 (419) 377-8417  
 Note: Christine is a culturally responsive and LGBTQ+ affirming  
 therapist, from Malaysia

**Walaa Kanan, MSW, LSW**  
 Tomorrow Begins Today Counseling of Ohio  
 4159 N Holland Sylvania Rd. Suite 205, Toledo, OH 43623  
 419.517.6564  
 Languages: English

**Mohamed Badra Ph.D., PCC-S, NCC**  
 Toledo Counseling & Mental Health  
 3454 Oak Alley CT, Suite 504 Toledo, Ohio, 43606  
 419.318.8533

**Meg Neet Counselor, CT, Intern**  
 Growell Cleveland, LLC  
 3000 Bridge Avenue Suite 4 Cleveland, OH 44113  
 (440) 737-2670  
 Specialties: LGBT issues, Adoption

**Leah Aki Wood, LPC**  
 Building Resilience Counseling Services  
 11351 Pearl Road Strongsville, Ohio 44136  
 216-409-1856  
 Specialties: LGBT issues, anxiety, depression, and identity issues,  
 such as mixed-race identity development



# Ohio Asian American Health Coalition

## The Ohio Asian American Health Coalition was established in 2005

by Asian community leaders statewide with vested interest in Asian health and with the goal of supporting health initiatives of member organizations. The over-all goals are to promote research and education, to address health disparities, and to advocate for improved access to personalized, culturally and linguistically competent healthcare.

OAAHC is a coalition of grassroots member organizations including the Asian-American Community Service Council (Columbus), Asian American Community Services (Columbus), Asian American Council (Dayton), Asian Community Alliance (Cincinnati), Asian Festival Corporation (Columbus), Asian Services In Action (Akron/Cleveland), Bhutanese Community of Central Ohio (Columbus) and Lao Volunteer Organization (Columbus); past member organizations are: Chinese Association of Greater Toledo, and the Laotian Mutual Assistance Association.



## Leadership

OAAHC is lead by an Executive Committee, with representatives from each of the founding organizations as well as individuals from the community.

**Cora Munoz PhD, R.N, President**

**Gregory Lam MD, Vice-President**

**Emilyn Hall, Treasurer**

**Anh Thu Thai, DHA, RRT, Executive Director**

**Georgie Cline, Bookkeeper**

**Yung Chen Lu, PhD – Past president and adviser**



**Asian-American Community Service Council**

