

UNITÉ

~mental health for the youth by the youth~

South Asian Community Mental Health Resources

Hotlines

- **SAMHIN helpline: 732-902-2561**
- **DEQH Desi LGBTQ+ Helpline for South Asians: 908-367-3374**
- **SAKHI helpline: Call: 212-868-6741 | Text: 305-204-1809**
- **Sikh Family Helpline: 1-800-551-9128**

Low Cost/Free Resources :

- **Mental Wellness & Janani Suicide loss Support Group
(samhin.org)**
- **Brown Girl Trauma (browngirltrauma.com)**
- **South Asian Therapists (southasiantherapists.org)**

Podcasts:

- **Mann Mukti (apple podcasts, spotify)**
- **The Desi Reality (spotify)**
- **The South Asian Healing Podcast (spotify)**
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you are never alone!