

August 2021 Resources: Indian American Mental Health

The Anti-Racism Task Force is pleased to bring you this edition of our monthly resource blast. Each month we release links and resources related to a specific theme. No questions will be posed, but feel free to share reflections or start a conversation. No, you're not mistaken. This month you received TWO resource blasts. There are just so many important topics to cover and our time is limited. Time is limited? Why?? This resource dissemination initiative is concluding in October 2021 to allow the ARTF to focus on new anti-racism focused projects and educational opportunities for PAWNY members. We are very excited to share with you what all we've been up to this past year and where we plan to go from here. ***Stay tuned...summaries and updates coming your way in September!***

Last week on August 15th, 2021 citizens of India and Indians of the diaspora worldwide celebrated the 75th Indian Independence day--a holiday commemorating the end of British rule in 1947 and the birth of an independent, democratic republic. Celebrations this year arrived on the heels of the sudden and devastating humanitarian crisis India endured as the worst of the Covid-19 pandemic ravaged the country. In his address on August 15th, India's Prime Minister spoke of the "unbearable pain" that will "always remain with us." This pain has been palpable in the US where 400 million Indian Americans reside. This pain is fresh and new. But it layers atop another, long endured pain that Indian Americans have experienced for at least two centuries. The resources we have collected below provide historical context and shine light on the impact of a unique permutation of systemic and individual racism and the toll these experiences can take on the mental health of our Indian American clients, friends, colleagues

and family members.

UPCOMING EVENTS & TRAININGS

- [APA's Minority Fellowship Program - Healing Racial Trauma for BIPOC Practitioners, Students, and Trainees](#)

PODCASTS

- [The United States of Anxiety: The \(Un\)Making of a 'Model Minority' on Apple Podcasts](#)
- ['Where We Come From': Priya And Ritu Krishna On Indian Cooking And Assimilation : It's Been a Minute with Sam Sanders](#)

ARTICLES/ESSAYS

- [Indian Americans Weren't Always Seen as a Model Minority - The Atlantic](#)
- [Indians in the diaspora and their loved ones — how to manage the stress of India's COVID crisis](#)
- [Mental Health and Sociocultural Determinants in an Asian Indian Community](#)
- [Hindu Indian American conceptions of mental health](#)

- [A Call to Integrate Religious Communities Into Practice: The Case of Sikhs](#)
- [Mental Health and Stress among South Asians](#)
- [A mental health crisis brewing among South Asian immigrants in the West needs serious attention](#)
- [To Be White, Black, or Brown? South Asian Americans and the Race-Color Distinction](#)

WEBSITES

- [AAPA Division on South Asian Americans](#)
- [South Asian Mental Health Initiative & Network](#)
- [LGBTQ support group for South Asian families](#)

BOOKS

- [Saaya Unveiled: South Asian Mental Health Spotlited: Gokhale, Mrinal](#)
- [Caste: The Origins of Our Discontents by: Isabel Wilkerson](#)
- [How to Raise a Feminist Son: Motherhood, Masculinity, and the Making of My Family by Sonora Jha](#)

- [The Namesake: A Novel: Lahiri, Jhumpa](#)

CHILDREN'S BOOKS & RESOURCES

- [Priya Dreams of Marigolds & Masala: Meenal Patel](#)
- [Save Me a Seat \(Scholastic Gold\): Weeks, Sarah, Varadarajan, Gita](#)
- [The Whole Story of Half a Girl - by Hiranandani, Veera](#)
- [Ahimsa: Supriya Kelkar](#)
- [American as Paneer Pie: Kelkar, Supriya](#)
- [Brown Like Dosas Samosas & Sticky Chikki](#)

SOCIAL MEDIA

- [Browngirltherapy](#)
- [Mannmutki](#)

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The Anti-Racism Task Force of the Psychological Association of Western New York (PAWNY)

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