

2024 Annual Report



asian
mental health
collective

Dear AMHC Community,

The only way to survive is by taking care of one another.

- Grace Lee Boggs

2024 has been a year of growth and learning for AMHC, set against a backdrop of uncertainty and change for Asian communities in the U.S. While Asian communities at home and abroad faced political upheaval and increased violence, we've witnessed the rising need for care, connection, and healing as Asian communities reject isolation and seek collective wellbeing.

Since we were founded in 2020, our mission here at AMHC has evolved. We no longer focus solely on destigmatizing mental health but also on cultivating a shared culture of care within the Asian diaspora. We believe that in coming together under the diversity of the pan-Asian umbrella, we can use our cultural strengths to create collective healing that recognizes both our individual needs and our interdependence. With this in mind, in 2024 we fostered both individual and collective healing through: doubling the number of therapy sessions we made available through our therapy funds, growing our therapist directories by 34% and hosting 51 hours of peer support spaces online.

During a community support group I attended in November, I was humbled when a participant in her 60's shared feelings of hopelessness and burnout. After years of working for social change, she felt as though progress was still out of reach. I was moved by the support and understanding she received from the group—particularly from younger members. What stood out was how the younger participants, despite the generational gap, affirmed her feelings, encouraged her vulnerability and offered her glimpses of hope. This powerful exchange highlights the strength of collective and intergenerational care—where wisdom, experiences, and energy flow freely between individuals and the community.

Thank you for all the ways you have been a friend to AMHC, whether as a donor, partner or a community member. As we look ahead to 2025, I am grateful to be able to expand and develop this work further, with your continued support.

With care,

Ayesha Meer
AMHC Executive Director



Thank You.

Entirely volunteer run until 2023, AMHC acknowledges all of the hard work and dedication put in by the incredible community that got us here since our founding in 2018.

None of the work we accomplished in 2024 would have been possible without countless volunteer hours, dedicated staff, passionate board members and generous donors. Thank you for prioritizing the mental health of Asians in the diaspora—we look forward to everything that 2025 will bring!

Staff and Volunteers

Ayesha Meer	Executive Director
Lauren Pongan	Senior Director of Programming
Christopher Vo, LMFT	Clinical Director
Lisa Cheng, LMSW	Subtle Asian Mental Health Director
John Dorris, LCMHCA	Therapy Fund Director
Jocelyn Lai, PhD	*Co-Director of Program Evaluation
Suzanna So, PhD, LP	*Co-Director of Program Evaluation
Michael Ge	Therapy Fund Coordinator
Bobby Deng	*Program Evaluation Team
Austin Saephan	Subtle Asian Mental Health Moderator
Lillian Nguyen	Subtle Asian Mental Health Moderator
Thomas Yeung	Subtle Asian Mental Health Moderator

* volunteers

Board

Christian de Luna	Board Co-Chair
Kaila Tang	Board Co-Chair
Laura Luo	Board Treasurer
Linda Thai	Board Secretary
James Wu	Board Member
George Xiong	Board Member
Satyam Barakoti	Board Member

About AMHC

Why We're Here:

In the United States, 1 in 5 people will experience a mental illness (NAMI, 2021).

APIs are three times less likely than their white counterparts to seek mental health services (Urban Institute, 2019).

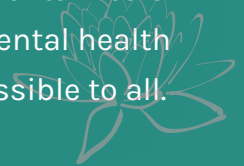
Mission:

The Asian Mental Health Collective (AMHC) fosters healing, resilience and connection in Asian communities in the US through culturally-informed clinical services, virtual peer support spaces, and support for Asian mental health providers.



Driven by Community, Guided by Experts

We are fueled by the ideas and passion of community members, and molded by the expertise and wisdom of licensed therapists—all united by a common mission to destigmatize mental health and to make mental health resources accessible to all.



Personal and Collective Wellbeing

We recognize that our personal wellbeing is connected to the wellbeing of all members of the Asian diaspora. Through community, we find ourselves.



Standing in Solidarity

We value intentionality around how we work to cultivate true solidarity and resource sharing between different Asian ethnic groups within AMHC's work.



A Celebration of Cultures

We build community that's as diverse and vibrant as the broader Asian diaspora community to acknowledge and celebrate the many cultures within.



A Spectrum of Support

We offer a full spectrum of resources and support to meet the multitude of mental health needs within our increasingly diverse community.



Our Impact and Approach

We cultivate a robust ecosystem of mental health care by and for the Asian community that weaves together clinical support, virtual community spaces, and peer support for providers, fostering personal and generational change.

Clinical Services

We fund, and connect Asian people with, culturally informed clinical services to increase access to care.

Therapy Funds

We provide 8 sessions of free therapy to individuals in need, matching them with an Asian therapist with availability to see new patients.

Currently, AMHC's Therapy Fund works with providers licensed to practice in 42 states. In 2024, we started the Asian Organizers Therapy Fund to address the mental health needs of organizers and to prevent burnout.

\$290k

directed to therapy with an Asian therapist

2,500+

hours of therapy

1,500

applicants

320

recipients

“[AMHC’s] Therapy Fund has helped to save my life.”

- Therapy Fund Recipient

Therapist Directory

Through building and hosting the largest directory of Asian therapists in the U.S. and Canada, we help our community quickly and easily find care.

AMHC Therapist Density by State



952

new providers in 2024

3,482

total providers

Community Support Spaces

We build wide-reaching virtual community spaces to foster conversation, connection, and peer support around mental health.

Subtle Asian Mental Health

Founded in 2018, Subtle Asian Mental Health (SAMH) is the first-of-its-kind Facebook discussion forum with over 61,500 members.

SAMH provides a unique and vital platform for discussing Asian mental health, validating cultural experiences, and sharing resources.

597
community posts

973
new members in 2024



Support Groups

Led by Asian mental health professionals, Community Support Groups offer peer connection and guidance with topics such as adoption, anxiety, and intergenerational trauma.

In 2024, AMHC hosted 8 Community Support Groups and processing spaces to facilitate healing in the community.



51
hrs of community support

“Seeing people who looked like me and had similar experiences as me... That was very valuable and made me feel less alone and less anxious.”

- Support Group Attendee

319
attendees

Connecting Providers

We cultivate connections between Asian mental health providers to break isolation and build solidarity.

In 2024, we hosted multiple support groups and community spaces for Asian mental health providers to connect.

In over a dozen meetings last year, almost 400 Asian American therapists were able to meet and build relationships.

Our Facebook group for Asian Mental Health Professionals has an ongoing weekly drop in space for therapists.



asian mental health professional



Psychoeducation

We educate and build our community's understanding of mental health issues and socio-political conditions Asian face through approachable storytelling, online content creation, and community dialogue.



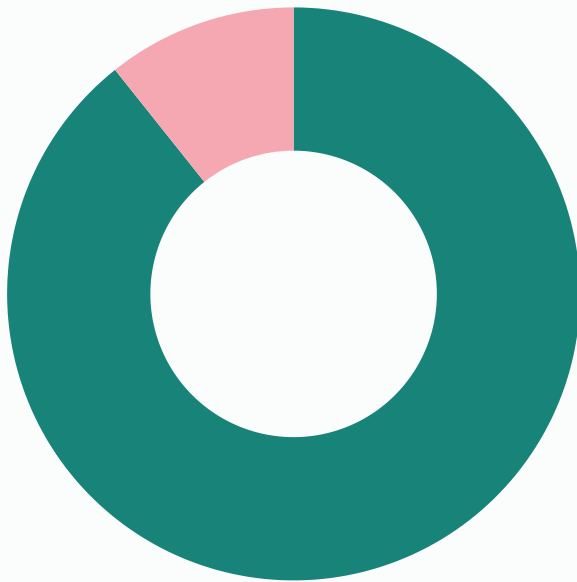
From blog posts about seasonal depression, to informational social media posts on how to complete the stress cycle and stay safe during times of political and emotional upheaval, AMHC offers meaningful informational material specifically tailored to the mental health needs of Asian communities.

Financials

AMHC is proud to report another year of strong support from our donors. Every gift allows us to better serve our constituents—through free therapy, safe processing spaces, support groups, and more—with high-quality, culturally-relevant programming. Donors make our work possible.

2024 Revenue

Individual-Directed Donations
10.7%



Corporate and Foundation Grants
89.3%

Total Revenue

\$754,231

Corporate & Foundation Grants

\$602,575

Individual-Directed Donations

\$72,285

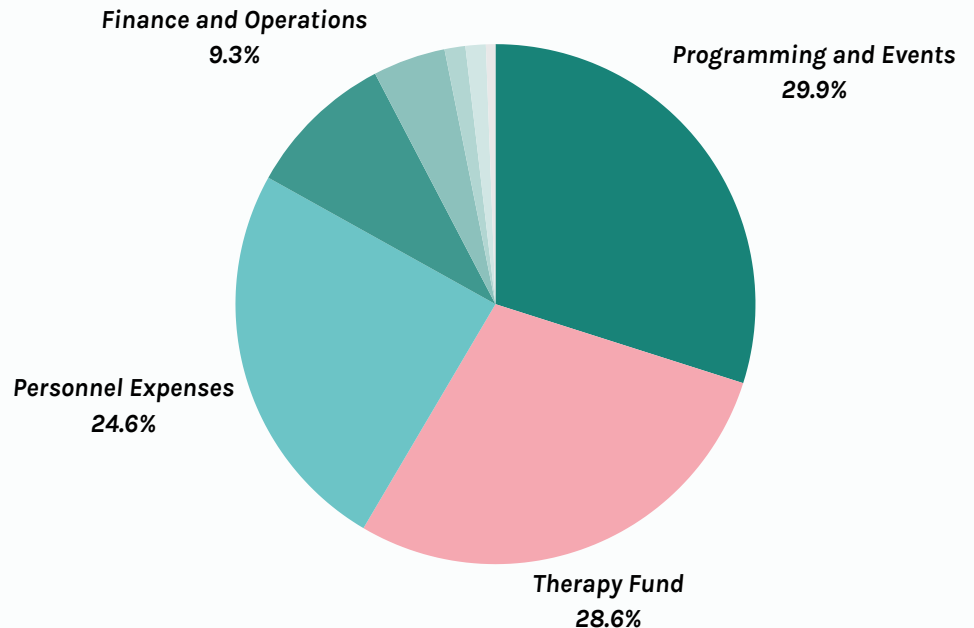
2024 Expenses

Total Expenditure

\$712,238

Therapy Fund Awards

\$289,990





In 2025 and beyond, AMHC will continue to connect Asians in the US with much-needed mental health information, resources, and therapy. We can't do this work alone. We need the continued support of advocates, community members, and others who believe in our mission of cultivating a robust ecosystem of mental health care by and for the Asian community.

**Please consider donating to
Asian Mental Health Collective:**

