



Mental Health-Focused Group for Asians and Asian Americans

*We are running a psychoeducation and process group for
Asians and Asian Americans*

Group Information

- 12-session 90-minute weekly virtual group on Wednesdays from 3:30-5:00pm starting in early 2025
- Explores mental health topics relevant to Asians and Asian Americans
- Opportunities for self-reflection, peer support, and group discussion
- Led by Asian and Asian American clinical psychologists

Individuals may be eligible if they:

- Are 18 years of age or older
- Identify as Asian or Asian American
- Are interested in discussing aspects of Asian and Asian American identity and relevant mental health topics

*If interested, please call the Stanford General Outpatient Psychiatry intake line at **650-498-9111 (Opt. 1 if current patient, Opt. 2 if new patient)** and ask about the Asian Mental Health Group through the Stanford Mental Health for Asians Research and Treatment (SMHART) Clinic.*