

# MENTAL HEALTH & COMMUNITY RESOURCES

## THERAPY

### Crisis Resources

[Adoptee Therapist Directory](#)

[Asians for Mental Health Directory](#)

[Adoption Competence Therapist Fact Sheet](#) (for consideration only, ultimately you can decide what you're looking for in a clinical setting/provider)

[Center for Race and Adoption Focused Therapy](#)

[Adoption Wellness by Jaclyn Skalnik, LCSW](#)

[Lynn Woo Mykytyn, MA, LADC, LPCC](#)

[Rachel Forbes, LCSW](#)



## COMMUNITY

[Adoption Mosaic](#)

[Adoptee Bridge](#)

[Adoptee Hub](#)

[Also-Known As](#)

[BIPOC Docuseries](#)

[NAKASEC Adoptee Rights](#)

[Adoptee Mentoring Society](#)

[Korean American Adoptee Adoptive Family Network](#)

[The Society of Adoptee Professionals of Color in Adoption](#)



## RESEARCH & PUBLICATION

[Lost Daughters & #flipthescript](#)

[Flip the Script: Adult Adoptee Anthology](#)

[Outsiders Within: Writing on Transracial Adoption](#)

[Dr. Kimberly McKee](#)

[Sun Yung Shin](#)

[Dr. JaeRan Kim at Harlow's Monkey](#)

[Red Thread Broken by Grace Newton](#)

[Adoptee Consciousness Model](#) (by JaeRan Kim, Susan Branco, Stephanie Kripa Cooper-Lewter, and Paula O'Loughlin)

[Navigating the Language of Adoption](#)

[Guidance on covering transracial adoptees, birth search, and belonging](#) (by The Very Asian Foundation)

