

# Mental Health Resources

## AANHPI MENTAL HEALTH | THE CURRENT STATE

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Living in the US, **we are subjected to a western understanding of mental health** which may lead to conflicts or misunderstandings regarding our cultural values. “In cultures that might use other language or concepts to express their pain or discomfort, lower knowledge about how the established health systems work can **limit their communication with health professionals...**” (*Influences of Cultural Differences in the Diagnosis and Treatment of Anxiety and Depression, May 15, 2019.*)

## HOLISTIC HEALTH | WHAT IS IT?

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Holistic Health is a **creative, interactive, and culturally relevant way** of improving both health and mental health outcomes. Whereas western intervention strategies approach mental health as separate to the body and soul, holistic health sees these three aspects of wellness as **deeply entwined**. This approach accommodates cultural differences between AANHPI communities and the west, thus working toward the **decolonization of the mental health field**. While western modes of healing that focus primarily on talk therapy can be effective, it is important to look at the healing power of art and creativity in all its forms



## SELF HELP | LEARN SOMETHING NEW!

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**Mental Health America: AAPI Communities and Mental Health**

**UC Berkeley Student Wellbeing Blog**

**The Conversation: Brain Research Shows the Arts Promote Mental Health**

## ART COLLABORATIVES | GET INVOLVED!

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**Asian Creative Network** / Connecting and empowering Asian creatives

**Asian American Arts Alliance** / Furthering the careers of Asian Americans in the arts

**Japanese Arts Network** / National resource for artistic collaboration and connection

**Cut Fruit Collective** / Supporting AAPI communities through art, publishing, and food

**Kollaboration SF** / Empowerment through entertainment

**The Moth** / The art and craft of storytelling

**Artists At Work** / Rebuilding healthy communities through artistic civic engagement

## NEWS AND POP CULTURE | STAY IN THE LOOP

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**Cold Tea Collective** / Sharing real stories, perspectives, and experiences of the next generation of the Asian diaspora

**Reappropriate** / Asian American feminism, politics, and pop culture

**Asian Hustle Network** / Crafting creative and entrepreneurial roads to success

