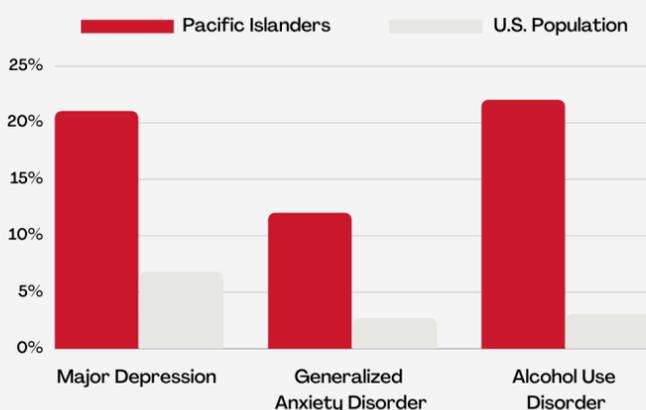


ACT to CHANGE

MENTAL HEALTH IN THE AANHPI COMMUNITY

In a spring 2020 survey of 410 Asian Americans, 29% of participants reported an increase in discrimination.¹

Crisis Text Line, a group that provides free mental health support via text message, also saw a 39% increase in texts from Asian Americans in the first quarter of 2020. A study shows that those who faced discrimination were more likely to have problems with anxiety, depression, and sleep than those who did not.²



Results from a 2019 study of 223 Pacific Islanders show mental health disparities.³

The prevalence of major depression, generalized anxiety disorder, and alcohol use disorder was 21%, 12%, and 22%, respectively, compared to a 12 month prevalence of 6.8%, 2.7%, and 3.1%, respectively, for the general U.S. population.

AANHPIs have the lowest help-seeking rate of any racial/ethnic group.⁴

Lack of understanding about mental health and stigma associated with mental health issues can lead to denial or neglect of mental health problems, especially among first-generation AANHPI immigrants.⁵

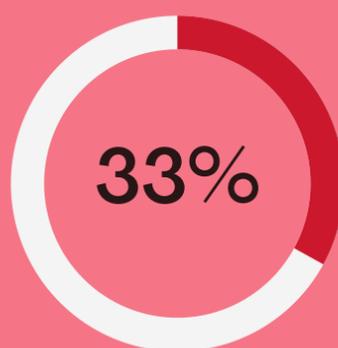


50 percent of Vietnamese American women rate their mental health as very good or excellent.



However, that number is much lower compared to 78% of Filipino American women who rate their mental health similarly.

33 percent of Korean American adults experience symptoms of depression.



However, that is more than double the rate for Chinese Americans at 16%.



Numbers like the ones shown above reveal the need for disaggregated data amongst AANHPI communities.⁶

Disaggregated data can more accurately reflect the needs of every community without perpetuating a monolithic representation of all the diverse groups captured by the umbrella term "AANHPI."

WHAT CAN YOU DO TO PROMOTE GOOD MENTAL HEALTH?

PARENTS! You may be wondering, "What can I look out for if my youth is struggling with mental health?"

There are a few common types of mental health problems in teens. The most common ones are:

1. Generalized anxiety—Excessive worry about everyday matters
2. Social phobias—Severe feelings of self-consciousness and insecurity in social settings
3. Depression—Persistent feelings of sadness, anxiety, and/or emptiness



Practicing healthy habits can also address mental health stigmas!

- Identify stressors, such as not getting enough sleep, skipping meals, or generally lacking a day-to-day routine—and remedy them.
- Encourage healthy communication practices when expressing your feelings during a conflict. Express your emotions when you feel them, and thank others for sharing their feelings with you.
- Make an effort to reach out, listen, and spend time with loved ones to show them you care. People with strong family or social connects are generally healthier than those who lack a support network.
- Seek help from a trusted friend or adult when you need it. Asking for help is not a sign of weakness, but rather, a sign of strength. Consult a teacher, family member, therapist, or community organization to get access to the resources and support system you may need.



RESOURCES

READING MATERIALS:

- *My Grandmother's Hands* by Resmaa Menekem
- *Decolonizing Trauma Work* by Renee Linklater

MENTAL HEALTH SUPPORT:

- Asian Pacific American Labor Alliance (APALA) Covid-19 Resource Kit
- UCLA Covid-19 Resource Hub
- Asian American Suicide Prevention & Education Center

NON-PROFITS & ORGS:

- Asian Mental Health Collective
- Asian Pacific Islander American Health Forum
- Brown Girl Therapy
- National Asian American Pacific Islander Mental Health Association
- National Queer Asian Pacific Islander Alliance
- South Asian Therapists

SOURCES:

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6. <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0127760>

