

Asian American/Pacific Islander Mental Health

Asian Americans and Pacific Islanders are the **least likely** to seek mental health services than any other racial or ethnic group.

They are also **three times less likely** to access mental health services than their white counterparts.

This creates a lack of accurate data, evaluation, and research on mental health issues in this population.

Quick Stats:

- 2.7 million Asian Americans and Pacific Islanders have a mental and/or substance use disorder.
- Asian Americans are only 25% as likely as whites to seek mental health services.
- Among elderly women of all ethnic or racial groups, Asians have the highest suicide rate.
- According to CAPES, only 17% of Chinese Americans experiencing mental health problems seek care.

Barriers to Care:

- The myth of model minority creates an unreasonable pressure on people to meet societal and familial expectations leading to poor mental health and well-being.
- Lack of understanding about mental health and associated stigma, especially among first-general immigrants.
- Lack of cultural competency among service providers may lead to misdiagnosis or under-diagnosis of mental health problems.
- Insufficient multilingual services in the healthcare system make it difficult for Asian Americans to access mental health treatment.
- A lack of appropriate intervention strategies for diverse populations (including integration of mental health and primary health care services) means less Asian Americans are getting accurate, culturally competent care.



Data adapted from "Asian American and Pacific Islander Community and Mental Health" published by the National Alliance on Mental Illness and "Mental Health Facts for Asian Americans/Pacific Islanders" published by the American Psychiatric Association.

Learn how you can help at nami.org/minoritymentalhealth



NAMIMaryland



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www.namimd.org

 **NAMI** Maryland

National Alliance on Mental Illness
info@namimd.org
1-877-878-2371
410-884-8691

Asian American/Pacific Islander Mental Health Support and Resources

Please note: The resources included here are not endorsed by NAMI, and NAMI is not responsible for the content of or service provided by any of these resources.

South Asian Public Health Association (SAPHA)

SAPHA offers a section providing national mental health resources for South Asian American communities across the county.

joinsapha.org

Asian Pride Project

The Asian Pride Project is an online space for family and friends of Asian and Pacific Islander LGBTQ communities to share journeys, triumphs and struggles with each other.

asianprideproject.org

Asian & Pacific Islander American Health Forum (APIAHF)

APIAHF influences policy, mobilizes communities, and strengthens programs and organizations to improve the health of Asian Americans, Native Hawaiians, and Pacific Islanders.

www.apiahf.org | (202) 466-7772

Asian American Psychological Association (AAPA)

The AAPA advocates on behalf of Asian Americans as well as advancing Asian American psychology.

aapaonline.org

The Association of Asian Pacific Community Health Organizations (AAPCHO)

AAPCHO advocates for policies and programs that improve the provision of health care services that are community driven, financially affordable, linguistically accessible, and culturally appropriate.

www.aapcho.org | (510) 272-9536

The National Asian American Pacific Islander Mental Health Association (NAAPIMHA)

NAAPIMHA works to promote the mental health and well being of Asian American and Pacific Islander communities.

www.naapimha.org

National Asian Pacific American Families Against Substance Abuse (NAPAFASA)

NAPAFASA is a membership organization dedicated to addressing the alcohol, tobacco, and other drug issues of Asian American and Pacific Islander populations.

napafasa.org | (213) 625-5795

American Psychiatric Association. "Mental Health Facts for Asian American/Pacific Islanders." Mental Health Disparities, 2020. This resource was prepared by the Division of Diversity and Health Equity. It was authored by Raissa Tanqueco, M.D. and Sejal Patel, M.P.H., and was reviewed by Vabren Watts, Ph.D.