

Minority Mental Health Awareness Month

Asian Americans & Pacific Islanders

Minority Mental Health Awareness Month brings awareness to the unique struggles that underrepresented groups face in regard to mental illness. This observance aims to improve access to mental health treatment and services for multicultural communities through increased public awareness.

Facts:



Asian American adults are less likely to use mental health services than any other racial or ethnic group. [Dept. of Health and Human Services Office of Minority Health](#).

70%

A study reported that 70% of Southeast Asian refugees receiving mental health treatment were diagnosed with PTSD. [American Psychiatric Association](#).



2.7 million Asian Americans and Pacific Islanders have a mental and/or substance use disorder. [American Psychiatric Association](#)



Asian Americans have the most difficulty accessing mental health treatment due to the language barrier. [Anxiety and Depression Association of America](#)

19%

18.9% of Asian American high school students report considering suicide, versus 15.5% of whites. [Mental Health America](#)

Barriers to mental health care:

- The myth of model minority: a racial/ethnic minority group perceived to achieve a higher degree of socioeconomic success than the population average
- Lack of understanding about mental health and associated stigma, especially among first-generation immigrants
- Lack of cultural competency among service providers
- Insufficient multilingual services in healthcare system
- Lack of accurate data, evaluation, and research that includes Asian Americans and Pacific Islanders



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