

Asian Americans

OMH's Spotlight series highlights the challenges faced by different New York populations. We recognize the unique issues facing Asian Americans and invite you to learn more.

Did you Know?

Asian-Americans are



3x LESS

likely to seek mental health treatment.

compared to White Americans.

There are over 19 million Americans who identify as Asian American or Pacific Islander.

- 19 Million Asian Americans / Pacific Islanders
- 329.5 Million total Americans



Asian American high school females are



20% MORE LIKELY

to attempt suicide.

compared to their white female classmates

Did You Know? Refugees from Southeast Asia are at high risk for Post-Traumatic Stress Disorder (PTSD). One study showed 70% of Southeast Asian refugees receiving mental health care have PTSD.

Take Action

General Public:

Read and ask questions about Asian American traditions and cultural beliefs. Understanding the Asian American community can lead to better understanding and connection.

Here's a great place to start: <https://www.pbs.org/show/asian-americans/>

Providers:

Check-in with clients to see if experiences of racial discrimination are impacting their day-to-day life.

Discuss their responses openly.

Validate individual experiences of trauma.

Learn more: [U.S. Department of Health and Human Services - Think Cultural Health](#)



Southeast Asia

Data from the US Dept. of Health and Human Services and HHS and the Anxiety and Depression Association of America

Business Leadership:

Check your **unconscious biases**, and give your staff a chance to do the same.

The **Harvard Implicit Bias test** is a great place to start.

Need tools to help staff overcome bias? Our favorites are:

- [The Space2 Model Of Mindful Inclusion](#) and
- University of California, San Francisco's [Strategies to Address Unconscious Bias](#).

Need a blueprint to create organizational change? We recommend:

- [National Standards for Culturally and Linguistically Appropriate Services \(CLAS\)](#).

Connect to Help:

988 Suicide and Crisis Lifeline Call or text 988 or chat 988lifeline.org/chat
Crisis Text Line Text Got5 to 741741
OMH's Customer Relations 1-800-597-8481



Office of
Mental Health