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/](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

**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:**

**National Suicide Prevention Lifeline** 1-800-273-8255

**Crisis Text Line** Text Got5 to 741741

**NY Project Hope Emotional Support Line** 1-844-863-9314

**OMH’s Customer Relations** 1-800-597-8481