

## ASIAN AMERICAN MENTAL HEALTH%0A

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Asian Americans are less likely to seek help for their emotional or mental health problems than whites, according to preliminary data from the National Latino and Asian American Study (NLAAS), conducted from May 2002 through December 2003-the first national study to examine the rates of mental illness and treatment use among a national sampling of three major Asian-American groups. The study, principally funded by the National Institute of Mental Health, interviewed 2,095 participants

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### **Asian Americans Are Undergoing a Silent Mental Health**

When it comes to mental health issues, Asian immigrants are often silent. According to the National Latino and Asian American Study, Asian Americans are three times less likely to seek mental health services than white Americans.

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### **Asian Americans Tackle Mental Health Stigma WebMD**

Asian-Americans tend to avoid mental health services for other reasons: lack of insurance or access to care, a belief that services are mismatched to their needs, or too few professionals who

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### **Asian American Pacific Islander Communities and Mental**

Nearly 1 out of 2 Asian Americans will have difficulty accessing mental health treatment because they do not speak English or cannot find services that meet their language needs. [4] Prior to the passage of the Affordable Care Act, 15 percent of Asian Americans, and 18 percent of Pacific Islanders lacked health insurance.

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### **Asian American Mental Health Hoai Thu Truong**

Mental health is a topic that is avoided or shunned among Asians. For many Asian families, being stressed or having emotional problems is something to be ashamed of, is a sign of poor character and reflects badly on the family. Research shows that Asians and Asian American use fewer mental health services than other ethnic [ ]

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### **Asian American Mental Health and the Model Minority Myth**

Asian Americans are also three times less likely to seek mental health services. Growing up as the child of a refugee who fled the Khmer Rouge in Cambodia, I felt like I had no right as a first-generation American to talk about my mental health problems.

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### **Asian American Women and Mental Health Treatment**

The Asian Women s Action for Resilience and Empowerment (AWARE) project, a component of AWHIP, targets the mental health of Chinese American, Korean American, and Vietnamese American women by offering culturally-specific group psychotherapy.

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### **Destigmatizing Mental Health in Asian American and Pacific**

Asian Pacific American Officers Committee and The Cambodian Family have led the way in starting an important and needed conversation in Asian and Pacific Islander communities about mental health.

By lifting up the culture and language that is innate in many Asian and Pacific Islander and immigrant communities, both groups shine a light onto a potential pathway to destigmatizing mental health.

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### **Mental Health and Asian Americans The Office of Minority**

Mental Health and Asian Americans Suicide was the 9th leading cause of death for Asian Americans, and the 10th leading cause of death for White Americans, in 2014. 1 Southeast Asian refugees are at risk for post-traumatic stress disorder (PTSD) associated with trauma experienced before and after immigration to the U.S.

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### **Cultural factors influencing the mental health of Asian**

Cultural factors, such as language, age, gender, and others, can influence the mental health of Asians, particularly immigrants. Traditional (adhering to native values) Asians place great value on the family as a unit.

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### **New Bill Targets Asian American Pacific Islander Mental**

A bill to reduce mental health stigma in the Asian-American and Pacific Islander (AAPI) community has been introduced in the House of Representatives.

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### **Why It's Hard For Asian Americans To Talk Mental Health**

That might be part of why Asian-Americans are three times less likely than white Americans to seek help for mental health issues, according to data from the National Latino and Asian American Study.

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### **Starting Conversations Mental Health of Asian Americans**

Starting Conversations: Mental Health of Asian Americans. by Maya Saravanan. Literature, images, film and music fill ed the Stories Untold gallery, each describing a different struggle of a diverse array of Pitt students.

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### **Research roundup Asian American mental health**

The U.S. surgeon general's report Mental Health: Culture, Race and Ethnicity (2001) and subsequent research have yielded diverse and inconclusive results regarding the rate of mental health problems and need for mental health services among Asian Americans.

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### **Asian American Mental Health YouTube**

This channel is for anyone interested in Asian American mental health, especially those who are early in their careers and are looking for ways to impact the

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