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REASONS WHY FOCUSING ON MENTAL HEALTH IS SO IMPORTANT IN THE Asian American & Pacific Islanders (AAPI) COMMUNITIES



Cultural Pressures

Both cultural and personal identity are important factors within these communities. Especially for first and second generation immigrants, the pressure to uphold certain cultural traditions or norms can often get overwhelming and increase the need to seek mental health support. Finding one's identity as a minority is not easy but can become more manageable with proper mental health and wellness support.



Racial Trauma

Both communities deal with racially motivated violence and hate such as xenophobia, that can often lead to extreme trauma. There is an unspoken fear that is associated with race-based traumatic stress experiences that if not properly managed can result in long-term mental health obstacles. Therefore, accessing mental health support can be helpful when attempting to address those uncomfortable feelings and experiences.



Suicide is Rising

Suicide is the first leading cause of death among AAPI youth (U.S. Department of Health and Human Services, 2021). Members of the AAPI community continue to deal with societal pressures, trauma and stress that add to these mental health issues. Because stigmatization continues within both communities, they are unfortunately still less likely to seek and utilize mental health services.



Ending Stigmas

There should be no shame in discussing mental health. Even though silence is common within these communities as there is a fear of dishonoring or shaming one's family, the impact of silence continues to be a barrier to mental health care.

But, as more members of the community learn how powerful and courageous it is to speak out about and seek care for their mental health, these communities can begin to dispel the stigmas and receive mental health support.



Check out these helpful resources. Learn more about the [AAPI community](#) and [anxiety and depression](#).

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