

WHY MENTAL HEALTH MATTERS

IN AMEMSA COMMUNITIES

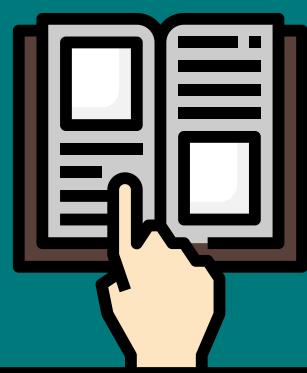


UNDERSTANDING AMEMSA CULTURES

AMEMSA is an umbrella term grouping Arab, Middle Eastern, Muslim, and South Asian communities in the United States by way of their shared heritage as a collective of peoples originating from the Middle East, North Africa, and South and West Asia.

NUMBERS DON'T LIE

South Asian Americans feel the impact of psychological stressors such as xenophobia, harassment, and travel and immigration bans, with one in five South Asian Americans experiencing an anxiety or mood disorder in their lifetime. Additionally, US South Asian youth may also deal with academic pressures and other social stressors that can contribute to mental health challenges, with reports of youth at greater risk for suicidal thoughts and behaviors than many other minority groups.



HISTORICAL TRAUMA HAS AN IMPACT



AMEMSA communities comprise people who emigrated because of war or political conflict in their own countries, possibly leaving behind other family members and friends in economic and social instability. Their experiences of violence, displacement and persecution are more likely to affect their mental health with higher levels of PTSD, anxiety and depression.

DISCRIMINATION IS REAL

AMEMSA communities often experience racial profiling, religious and ethnic discrimination, surveillance and scrutiny, scapegoating, and hate crimes. It's not a surprise then that people in these communities might also feel the negative impact that prejudice and social exclusion can have on their mental and emotional, as well as physical, wellbeing.



SUPPORT MAKES A DIFFERENCE

U.S. South Asians often express greater stigma toward mental illness than other groups, and that stigma can impede them from seeking help. This is partly due to cultural stigmas around mental health and getting treatment but also the shame, mistrust, fear and secrecy many feel from the disengagement and discrimination they experience in health care settings. Finding appropriate mental health support can help validate experience and remind you, you are not alone.



LEARN MORE:

Check out these helpful resources to learn more about AMEMSA Communities and anxiety and depression. For more information visit: www.adaa.org

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