

# Supporting Asian American Mental Health

May 25, 2023





## Who We Are and Our Work

- Umbrella org representing 70 community-based orgs serving 1.5+ million Asian Americans
- Leadership voice advocating for better policies, services, and funding for Asian immigrants
- First org to respond to anti-Asian violence in January 2020



# **COMMUNITY DEMOGRAPHICS**





Asian Americans are
FASTEST-GROWING
POPULATION in NYC, comprising
17% of city's population



44% of NYC Asians are
LIMITED ENGLISH PROFICIENT
(LEP); Asian seniors have LEP rate
of nearly 72%



66% of Asian New Yorkers are FOREIGN-BORN IMMIGRANTS



35% of NYC Asians are LOW-INCOME (at or below the poverty line)



Top three Asian ethnic groups in NYC are Chinese (43%), Indian (17%), and Korean (6%)



Asians own 18% of employer firms in NYC and generate nearly \$121 BILLION in economic activity.





# Asian Americans experience <u>higher rates</u> of depression compared to White Americans

 Only 2% of Asians will report depression symptoms to their doctor (vs. the national average of 13%)

### Mental illness is <u>underreported</u> in Asian communities

 Asians are the least likely ethnic group in the U.S. to report mental illness

# Suicide is a <u>leading cause of death</u> for Asian Americans

 Asian women ages 20-24 and 65+ have the highest suicide rate among all racial groups





# **Anti-Asian Violence During COVID**

# Nationally, 11,500 reports of anti-Asian incidents from March 2020 to March 2022

- 67% of incidents verbal harassment
- 17% of incidents physical violence

### NYC is city with greatest # of reported assaults in U.S.

- 2,627+ incidents as of March 2022
- NYPD recorded 343% increase in anti-Asian attacks from 2020 to 2021

### Hate crimes are significantly underreported

Available only account for 10-30% of actual incidents



# Barriers to Mental Health Access

- Cultural stigma against mental health as a valid health concern
- Lack of capacity of linguistically and culturally competent mental health services
- Access to mental health services
- Lack of research into appropriate mental health care needs and service models







# **Asian American Mental Health Roundtable**

 Network of 12 Asian organizations providing clinical and non-clinical services

### Accessible mental health support

 AAF's Mental Health Directory: <u>https://mhd.aafederation.org</u>

### **Hope Against Hate Campaign**

 Crisis response network to address anti-Asian violence

#### Lack of investment

- Asian organizations are the most under-funded by the City
- Non-clinical models not funded by philanthropic community

# Mainstream services don't work for our community

Mental health hotline

# Hope Against Hate Campaign

- Coordinating reporting of bias incidents
- Training volunteers to serve as safety experts in Asian-majority neighborhoods
- Victim support services
- Safety trainings







### Reporting:

- If emergency, dial 911 you can specify which language you need
- If harassment in housing, work, public place, call CCHR: 212-416-0197
- Non-police option: AAF's site: <a href="https://tinyurl.com/ReportAsianHate">https://tinyurl.com/ReportAsianHate</a>

### Safety resources - in Chinese, Japanese, Korean, Tagalog, Vietnamese

- Booklet: <a href="https://tinyurl.com/AAFSafetyBooklet">https://tinyurl.com/AAFSafetyBooklet</a>
- Videos: <a href="https://tinyurl.com/AAFSafetyVideos">https://tinyurl.com/AAFSafetyVideos</a>

### **Legal support** if incident involved physical violence or threat of violence

Alliance for Asian American Justice: <u>contact@AllianceAAjustice.org</u>

### Mental health support

AAF's Mental Health Directory: <a href="https://mhd.aafederation.org">https://mhd.aafederation.org</a>

## **What You Can Do**



### Learn about NY's AAPI community

 Check out AAF's latest reports at www.aafederation.org

### Sign up for a safety training

- Empowerment Self-Defense 101 -May 25, 6:30-8:30, LGBT Center
- Register: bit.ly/Empowerment101CAE2

# Volunteer to become a Community Companion

Learn more: bit.ly/AAFHAHCC



# **Questions?**

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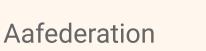
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