



Supporting Asian American Mental Health

May 25, 2023



Asian American Federation

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.

Overview: AAPI Mental Health

Asian Americans experience higher rates 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 underreported in Asian communities

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

Suicide is a leading cause of death 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



What's Available vs. Gaps

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: <https://mhd.aafederation.org>

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



HOPE
AGAINST
HATE

The logo features the word "HOPE" in large, bold, red capital letters. Below it, the words "AGAINST" and "HATE" are stacked in smaller, bold, black capital letters. Two horizontal orange lines are positioned on either side of the word "HATE", extending slightly beyond its width.



Anti-Asian Violence Resources

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: <https://tinyurl.com/ReportAsianHate>

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

- Booklet: <https://tinyurl.com/AAFSafetyBooklet>
- Videos: <https://tinyurl.com/AAFSafetyVideos>

Legal support if incident involved physical violence or threat of violence

- Alliance for Asian American Justice: contact@AllianceAAjustice.org

Mental health support

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

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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