Mental health conditions do not discriminate based on race, color, gender or identity. Anyone can experience the challenges of mental illness regardless of their background. The National Alliance on Mental Illness warns, however, that background and identity can make access to mental health treatment much more dif cult, especially during times of crisis.

For Asian Americans, there are several roadblocks to seeking help from mental health professionals, including language barriers, stigma, and lack of awareness of resources and mental health services. Studies show that Asian Americans are three times less likely than their Caucasian counterparts to seek treatment for their mental health concerns. Many indicated that they avoid seeking treatment or utilizing mental health services because doing so would admit the existence of a mental health disorder, and in turn would bring shame to their family s name. Asian Americans also have the most dif culty accessing mental health treatment due to the language barrier.

Some stats from the American Psychiatric Association:

8.6 percent of Asian Americans seek mental health care, compared with 17.9 percent of the general

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