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# My story & AAPI mental health

Claire Yu

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# My story

- Community perceptions
  - Internalization of stereotypes
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# **AAPIC challenges (specifically in the Chinese community)**

- General Statistics
  - Overarching concepts
  - Common misconceptions
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# AAPI

- 7.4 PERCENT OF ASIAN AMERICANS AND 9.4 PERCENT OF PACIFIC ISLANDERS DO NOT HAVE HEALTH INSURANCE.
- LANGUAGE BARRIERS MAY CONTRIBUTE TO DIFFICULTY FINDING HEALTHCARE AND OTHER SERVICES. OVERALL, 32.6 PERCENT OF ASIAN AMERICANS DO NOT SPEAK ENGLISH FLUENTLY.
- AAPI ADULTS ARE THE RACIAL GROUP LEAST LIKELY TO SEEK MENTAL HEALTH SERVICES - 3 TIMES LESS LIKELY THAN THEIR WHITE COUNTERPARTS.
- OF AAPI ADULTS WITH A MENTAL ILLNESS, 73.1 PERCENT DID NOT RECEIVE TREATMENT COMPARED TO 56.7 PERCENT OF THE OVERALL POPULATION.

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# AAPI

THE NATIONAL ASIAN WOMEN'S HEALTH ORGANIZATION (NAWHO) SPONSORED A STUDY, BREAKING THE SILENCE: A STUDY OF DEPRESSION AMONG ASIAN AMERICAN WOMEN, THAT FOUND

- CONFLICTING CULTURAL VALUES ARE IMPACTING ASIAN-AMERICAN WOMEN'S SENSE OF CONTROL OVER THEIR LIFE DECISIONS
  - FEELING RESPONSIBLE, YET UNABLE TO MEET BIASED AND UNREALISTIC STANDARDS SET BY FAMILIES AND SOCIETY, CONTRIBUTES TO LOW SELF-ESTEEM AMONG ASIAN-AMERICAN WOMEN
  - ASIAN-AMERICAN WOMEN WITNESS DEPRESSION IN THEIR FAMILIES, BUT HAVE LEARNED FROM THEIR ASIAN CULTURES TO MAINTAIN SILENCE ON THE SUBJECT
  - ASIAN-AMERICAN WOMEN FEAR STIGMA FOR THEMSELVES, BUT MORE SO FOR THEIR FAMILIES
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# **INTERGENERATIONAL TRAUMA**

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**PRESSURE TO  
SUCCEED**

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# ACCULTURATION

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# STIGMA

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# **COMMON MISCONCEPTIONS**

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**“I must be successful and cannot show signs of weakness.”**

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**“I’m ungrateful for all I have.”**

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**“It’s disrespectful to my  
spiritual beliefs.”**

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**“I don’t know how to talk about  
mental health with my relatives.”**

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**“I’ve tried therapy before, and I  
didn’t find it helpful.”**

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**Questions?**

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