



# What prevents Asian New Yorkers from seeking **MENTAL HEALTH CARE?**

Read the Asian American Federation’s executive summary of

## Seeking Help, Finding Hope:

### Mental Health Challenges and Solutions for Asian Americans in New York City



### 1. Top Factors Contributing to Mental Health Challenges



**High Cost of Living in NYC**



**“Model Minority” Myth**



**Racial & Religious Intolerance**

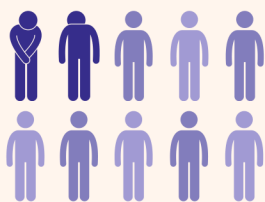


**Perpetual Foreigner Stereotype**

“I don’t think we have that much information about this in our community on how to help people. I always see violence and Asian hate in newspapers and death. But I don’t see any programs for us to take care of mental health issues.”

– Cantonese-speaking immigrant senior

### 2. Biggest Barriers to Accessing Mental Health Services



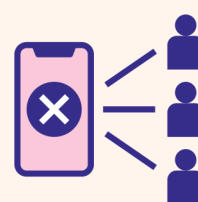
**21%**

of survey respondents chose **Concerns about Potential Judgment from Others**



**33% | 29%**

of survey respondents chose **Language Barrier | Cultural Barrier**



**34%**

of survey respondents chose **Lack of Information or Misinformation**

### 3. Recommendations

- ★ **Expand Education on Mental Health**
- ★ **Invest in In-Language & Culturally Competent Providers**
- ★ **Collaborate with Community-Based Organizations**



## How We Did It

NUMBER OF PARTICIPANTS

543

NUMBER OF PARTNER ORGS

15

NUMBER OF FOCUS GROUPS

6

SURVEY LANGUAGES

11

Arabic, Bengali, Chinese (Simplified and Traditional), English, Hindi, Japanese, Khmer, Korean, Tagalog, Urdu, and Vietnamese

NUMBER OF ETHNICITIES SURVEYED

23

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KOREAN AMERICAN  
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