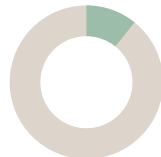


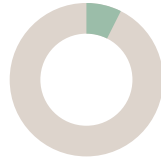
May is Mental Health Awareness Month and Asian American, Native Hawaiian, and Pacific Islander Heritage Month


Take a moment to explore the intersection between mental health and the AANHPI community and learn about Bellevue College resources

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.¹

Mental Health Statistics

 From 2019-2021, only **10.8%** of non-Hispanic Asian adults aged 18 to 44 received mental health treatment.²

 **7.4%** of Native Hawaiian and other Pacific Islanders have had serious thoughts of suicide in the past year.³

 **70%** of Southeast Asian refugees receiving mental health care were diagnosed with PTSD.⁴

Suicide was the leading cause of death for AANHPI, **ages 15-24, from 2018-2021.**⁵

Asian Americans are **less likely** to seek out mental health services and support than any other racial or ethnic group.⁶

The Myth of Model Minority: a racial/ethnic minority group is perceived to achieve a higher degree of socioeconomic success than the population average, which creates unreasonable pressure on people to meet societal and familial expectations leading to poor mental well-being.⁷

Bellevue College Resources

- The BC Counseling Center offers free and confidential mental health services to students. Visit our website to learn more, access resources, or to schedule an appointment.
- Drop-in crisis counseling services are available Mon-Fri from 9 am to 4 pm in U201 for students who identify as being in imminent harm to themselves or others or are in high emotional distress.



¹ From CDC. (2023, April 25). *About Mental Health*. Centers for Disease Control and Prevention; U.S. Department of Health & Human Services. <https://www.cdc.gov/mentalhealth/learn/index.htm>
² From Terlizzi, E. & Schiller, J. (2022, September). *Mental Health Treatment Among Adults Aged 18-44: United States, 2019-2021*. Center for Disease Control and Prevention. <https://www.cdc.gov/nchs/data/databriefs/db444.pdf>
³ From National Alliance on Mental Illness. (2023, April). *Mental Health by the Numbers*. NAMI; National Alliance on Mental Illness. <https://www.nami.org/mhstats>
⁴ From Mental and Behavioral Health - Asian Americans | Office of Minority Health. (n.d.). *Minorityhealth.hhs.gov*. <https://minorityhealth.hhs.gov/mental-and-behavioral-health-asian-americans>
⁵ From CDC. (n.d.). *WISQARS Leading Cause of Death Visualization Tool [Review of WISQARS Leading Cause of Death Visualization Tool]*. WISQARS; CDC. <https://wisqars.cdc.gov/>
⁶ From Substance Abuse and Mental Health Services Administration. (2023, May). *Asian Americans, Native Hawaiians, and Pacific Islanders (AA and NHPs)*. (n.d.). SAMHSA. <https://www.samhsa.gov/behavioral-health-equity/aa-nhpi>
⁷ From Tanquedo, R., & Patel, S. (2020). *Mental Health Facts for Asian Americans/Pacific Islanders* (V. Watts, Ed.) *Review of Mental Health Facts for Asian Americans/Pacific Islanders*. American Psychiatric Association.