

Celebrate AAPI Heritage and Good Mental Health



This May is Asian American and Pacific Islander Heritage Month and Mental Health Awareness Month. While celebrating what makes your heritage special, take a moment to consider the mental health challenges that face the members of your community.

Asian Americans and Pacific Islanders (AAPI) have mental health challenges like everyone else does, **but the community was particularly affected by the pandemic and the racial profiling that followed.**

In addition to the common aspects of COVID-19-related distress, like social isolation and losing loved ones, the AAPI community had to unfairly deal with anti-Asian racism.



Since the pandemic began, Weill Cornell Medicine physicians have noted their AAPI patients saw an increase in:

- Anxiety
- Depression
- PTSD-like symptoms

In a 2020 SAMSHA report, the U.S. Department of Health and Human Services revealed that **9% of Asian Americans 18 and older experienced serious psychological distress in the previous year.**

The American Psychological Association found that people of the AAPI community are **three times less likely than non-Hispanic white people to seek help for their mental health.**

Unaddressed mental health issues like anxiety and depression may lead to side effects, such as:

- Fatigue
- Panic Attacks
- Heart Palpitations
- Constipation
- Eating Disorders



Don't let social stigma prevent you from addressing your mental health. Psychological challenges like anxiety and depression are not health issues you should ignore. Doing so puts your well-being at risk.

If you're concerned about you or a loved one's mental health, discuss your concerns with a provider who can help you find the resources you need. Find a doctor today at weillcornell.org/doctors