

Mental Health Matters

Confronting Stigma in the Asian American Community

Presentation by Dr. Anna Huang (Anna.Huang@biola.edu)

What is stigma?

The display of negative attitudes, based on prejudice and misinformation, in response to a marker of illness. Stigma is when someone views a person in a negative way just because they have a mental health condition. Some people describe stigma as a feeling of shame or judgement from someone else. Stigma can even come from an internal place, confusing *feeling* bad with *being* bad.

We don't have enough data about Asians/Asian Americans and mental health issues.

Barriers to the utilization of mental health resources:

Cultural Barriers

- Shame (especially due to collectivistic cultural values)
- Level of acculturation
- Limited knowledge of mental illness

Systemic Barriers

- Lack of access to resources
- Lack of language or culturally-appropriate services
- Lack of culturally sensitive information

What are other barriers to seeking mental health treatment?

Combatting Stigma

How to Build a Healthier Community

What can we do to combat stigma?

LEARN MORE

Knowing *facts* can help you educate others and reject stigmatizing stereotypes

LEAN IN

Listen and engage with empathy.

TAKE ACTION

Push for better laws and regulations, donate, volunteer, take the NAMI StigmaFree pledge.

Campaign manifesto: There's a virus spreading across America. It harms the 1 in 5 Americans affected by mental health conditions. It shames them into silence. It prevents them from seeking help. And in some cases, it takes lives. What virus are we talking about? It's stigma. Stigma against people with mental health conditions. But there's good news. Stigma is 100% curable. Compassion, empathy and understanding are the antidote. Your voice can spread the cure. Join NAMI, the National Alliance on Mental Illness. Together we can **#CureStigma**.

Resources

- findyourwords.org – Provided by Kaiser Permanente
- nami.org – National Alliance on Mental Illness
- eachmindmatters.org – Provides resources specifically for California Asian communities
- mentalhealthamerica.net – Provides general information
- Changes That Heal by Henry Cloud