



NAAPIMHA

National Asian American Pacific Islander
Mental Health Association

Learn more: www.naapimha.org

WHO WE ARE

The National Asian American Pacific Islander Mental Health Association is a nonprofit organization committed to promoting the mental health and well-being of Asian American, Native Hawaiian and Pacific Islander (AANHPI) communities.



WHAT WE DO

NAAPIMHA strengthens the capacity of AANHPI communities, providers and AANHPI serving behavioral health organizations to improve the mental health and well-being of AANHPI communities. The long-term organizational goal is achieved by addressing the mental health needs of all age groups with a particular focus on youth. This includes suicide prevention, empowering individuals with lived experience and improving access to high quality and affordable mental health services that addresses the impact of culture and language.

Since 2001, NAAPIMHA has provided a wealth of resources to support those efforts:



AANHPI-Specific Mental Health Programs

NAAPIMHA conducts culturally-relevant, holistic, mental health programming across the U.S:

- *Achieving Whole Health* uses a culturally responsive approach to help individuals learn how to be in control of making healthy decisions
- *Friends DO Make a Difference* is a mental Health Leadership Program for AANHPI Students
- *Asians in Focus** and *heART's hope* are projects that highlights the healing power of art in all its forms.
- *Growing Our Own* trains providers on how to develop culturally and linguistically appropriate care



Partnership and Collaboration

NAAPIMHA engages with local, state, and national partners to participate in SAMHSA-sponsored trainings, meetings, and events. It serves serving on workgroups, steering committees and commissions related to AANHPI mental health & suicide prevention.



Policy & Advocacy Efforts

NAAPIMHA believes that mental health is a social justice issue and that eliminating disparities in care must rely on public policies that address social determinants of health. This includes expanded resources for ethnic specific services and intervention strategies that focuses on the challenges as well as strengths of the community.

NAAPIMHA works on grassroots and grassroots advocacy efforts to inform and advance public policy supporting AANHPI mental health.



Training and Technical Assistance

NAAPIMHA collaborates with stakeholders in order to provide technical assistance and training to service providers on topics, such as cultural competency, language interpretation and holistic health.

HIGHLIGHTS

150+

AANHPI-serving behavioral health providers identified in NAAPIMHA'S *National AANHPI Providers Directory*

Primary

national AANHPI-serving mental health organization dedicated to working with AANHPI community-based organizations

59

AANHPI and other organizations trained in Achieving Whole Health Program

First-ever

resolution presented to U.S Congress introducing May 10 as *National AANHPI Mental Health Day* in 2021

20

County and Region-wide Mental Health Interpreter Training Sites

31

New cities & states submitting city/state proclamation for *AANHPI Mental Health Day* in 2023

WHERE WE'RE GOING



Empowering AANHPI Mental Health Individuals with Lived Experience

NAAPIMHA will strengthen its National Asian American Pacific Islander Empowerment Network (NAAPIEN), bringing together AANHPIs with lived experience either as individuals or as impacted friends or family members. Go to: www.naapimha.org/naapien



Supporting AANHPI Youth Mental Health Leadership

Through the Friends DO Make a Difference Program and other initiatives focusing on youth, NAAPIMHA will create a safe space for AANHPI students to increase their leadership skills to talk about mental health, find creative solutions to healing, and claim their identity as a source of strength.



Mobilizing AANHPI Mental Health Advocates through Policy Action Network

NAAPIMHA launched its online policy action network to increase advocacy promoting AANHPI mental health. This network supports policies and actions that improves care by increasing resources that strengthens the competence of and access to culturally relevant, linguistically appropriate practices including traditional modes of healing. Go to: <https://www.congressweb.com/NAAPIMHA/>



Launching AANHPI Mental Health Training Center

Through funding from SAMHSA, NAAPIMHA launched its National Asian American, Native Hawaiian, Pacific Islander Training Center to help raise awareness around mental health, prevent suicide and improve selfcare among AANHPIs.

GET INVOLVED

We believe healing happens when we (re)claim who we are as Asian Americans, Native Hawaiians, and Pacific Islanders ...because this TOO is mental health.



Sign-up for our newsletter at: www.naapimha.org



Let's collaborate! E-mail us at: contact@naapimha.org



Donate to NAAPIMHA: <https://bit.ly/donateNAAPIMHA>