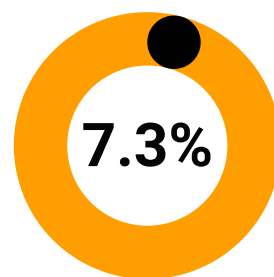


LET'S TALK ABOUT...

AAPI Athlete Mental Health

We're resilient. We're a legacy. We're community.
And we want to support you.

Asian Americans and Pacific Islanders are the fastest growing population in America. **There are over 24 million AAPIs in America (and counting!)**, representing 50 ethnic groups and 100 languages.



AAPIs make up 7.3% of the U.S. population.

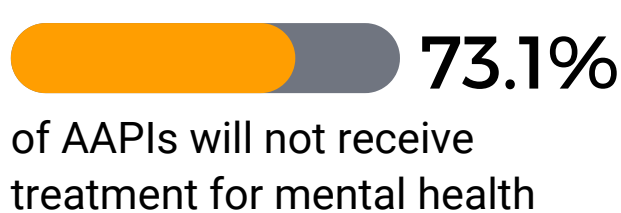
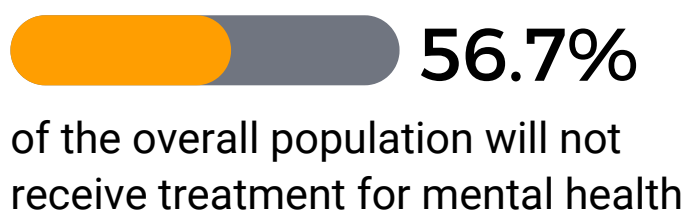
Only **2%** of NCAA athletes are Asian-American.



In a 2020 study, these students reported being impacted by the "model minority" myth has been detrimental to reaching out and asking for help.



Compared to other racial/ethnic groups of athletes, **AAPI student athletes have a higher rates of depression and suicide.**



Supporting details



Many Asian/Pacific Islander cultures **consider mental health taboo**, making it harder to ask for help.



Over 10% of all AAPIs in America are below the **poverty level**, and less than 6% are **uninsured**.



Over 30% of AAPIs report having a **"poor English proficiency"** making it **difficult to find a provider**.

Impact of the COVID-19 Pandemic

AAPIs were targeted during COVID-19, and were blamed for the pandemic.

OVER 9,000 HATE CRIMES & ASSAULTS

occurred, and AAPIs reported significant anxiety and fear in daily life.



References & Resources

Learn more. Find community. Get support.

AAPI Mental Health Resources

Asian Mental Health Collective

asianmhc.org

Asian & Pacific Islander American Health Forum

apiahf.org

Chinese American Family Alliance for Mental Health

cafamh.org

GAPIMNY - Empowering Queer & Trans Asian Pacific Islanders

gapimny.org

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