LET'S TALK ABOUT...

AAPI ATHLETE
MENTAL HEALTH
Asian Americans and Pacific Islanders (AAPIs) are the fastest growing population in America. There are over 24 million AAPIs in America (and counting!), representing 50 ethnic groups and 100 languages.
ONLY 2% OF NCAA ATHLETES ARE ASIAN-AMERICAN
Compared to other racial/ethnic groups of athletes, AAPI student athletes have a higher rates of depression and suicide.

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

56.7% of the overall population will not receive treatment for mental health

73.1% of AAPIs will not receive treatment for mental health

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