

LET'S TALK ABOUT...

# **AAPI ATHLETE**

MENTAL HEALTH



**AAPIS MAKE UP**

**7.3%**

**OF THE U.S. POPULATION**

**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



**56.7%**

OF THE OVERALL  
POPULATION WILL NOT  
RECEIVE TREATMENT FOR  
MENTAL HEALTH

**73.1%**

OF AAPIS WILL NOT  
RECEIVE TREATMENT  
FOR MENTAL  
HEALTH

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.

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](http://asianmhc.org)

**Asian & Pacific Islander American Health Forum**

[apiahf.org](http://apiahf.org)

**Chinese American Family Alliance for Mental Health**

[cafamh.org](http://cafamh.org)

**GAPIMNY - Empowering Queer & Trans Asian Pacific Islanders**

[gapimny.org](http://gapimny.org)

