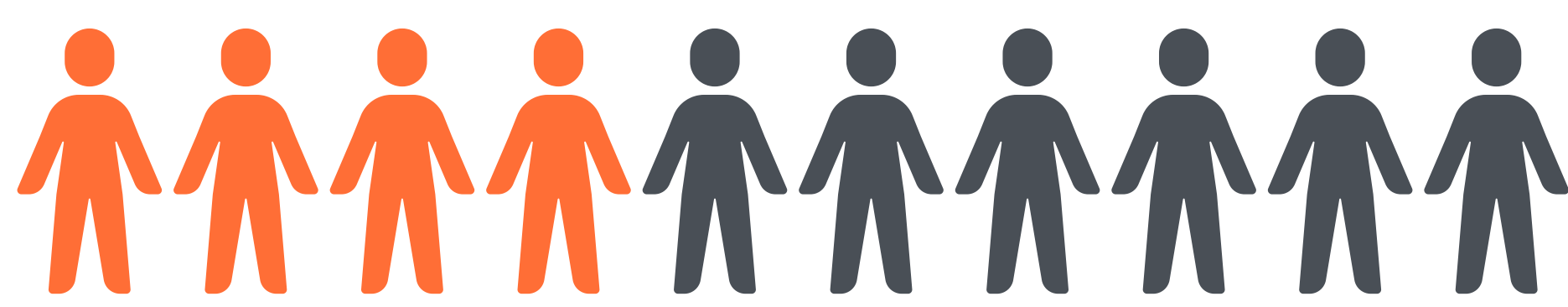


ASIAN AMERICAN MENTAL HEALTH DURING THE COVID-19 PANDEMIC

Asian Americans are experiencing unprecedented mental health concerns in the context of the COVID-19 pandemic and compounded by anti-Asian racism. Pre-pandemic, 10.2% of Americans experienced depression and 8.5% of Asian Americans experienced anxiety symptoms, the lowest of any racial/ethnic group. Our study of 3,736 Asian Americans found that **4 in 10 Asian Americans are experiencing current anxiety or depression symptoms.**

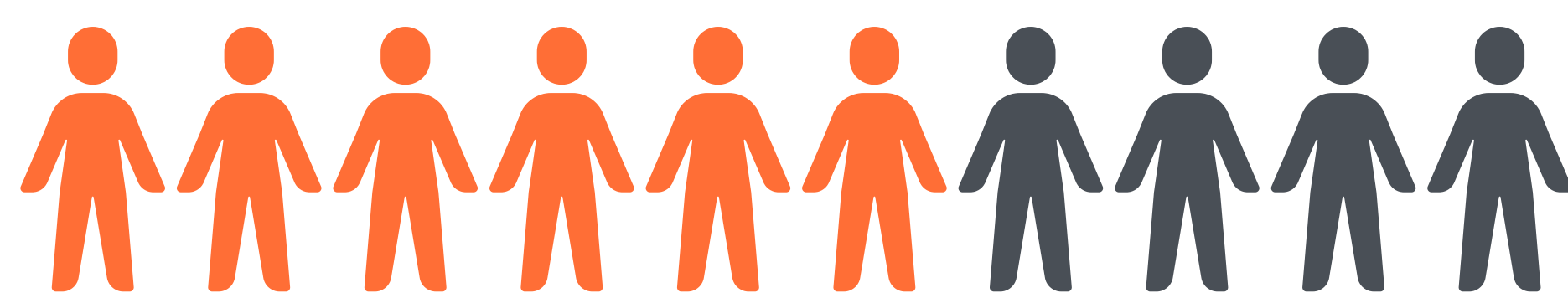
Current Mental Health



41% of Asian Americans are currently experiencing anxiety or depression symptoms

Younger adults (18-24 years), individuals making less than \$25,000 annually, US born, and Southeast and multiethnic Asian Americans are most vulnerable to experiencing anxiety or depression.

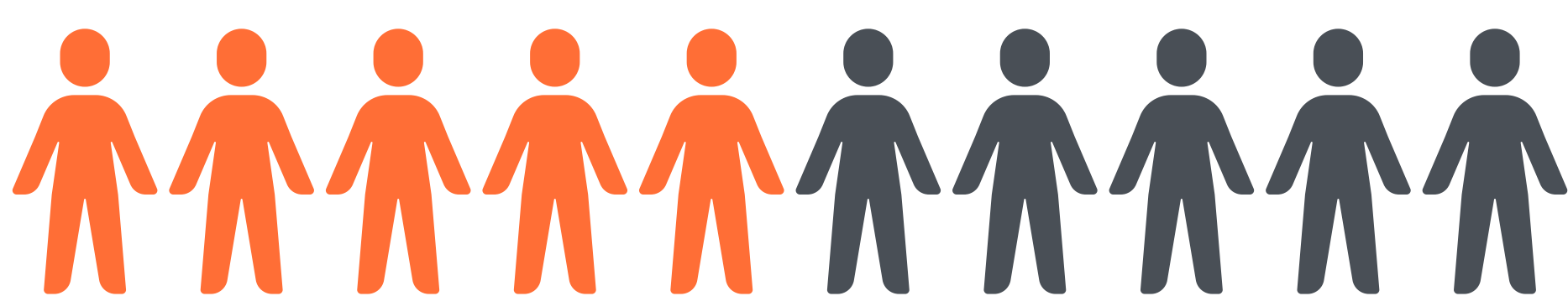
Need for Services



62% of Asian Americans with current diagnosed mental health conditions need help accessing mental health services

Adults aged 18-44 years and individuals less comfortable speaking English need most help accessing care.

Mental Health-Related Stress



53% of Asian Americans say that mental health concerns are a significant source of stress

Mental health concerns were the highest or second-highest source of stress across all Asian ethnic groups.

2.2 x

Asian Americans who faced anti-Asian discrimination are more than twice as likely to report current depression or anxiety symptoms than those who did not face discrimination (even after accounting for ethnicity, age, gender, income, and pre-existing mental health conditions).



**AAPI
COVID-19**
Needs Assessment Project

For more information, visit aapicovidneeds.org or contact Anne Saw, PhD at asaw@depaul.edu.