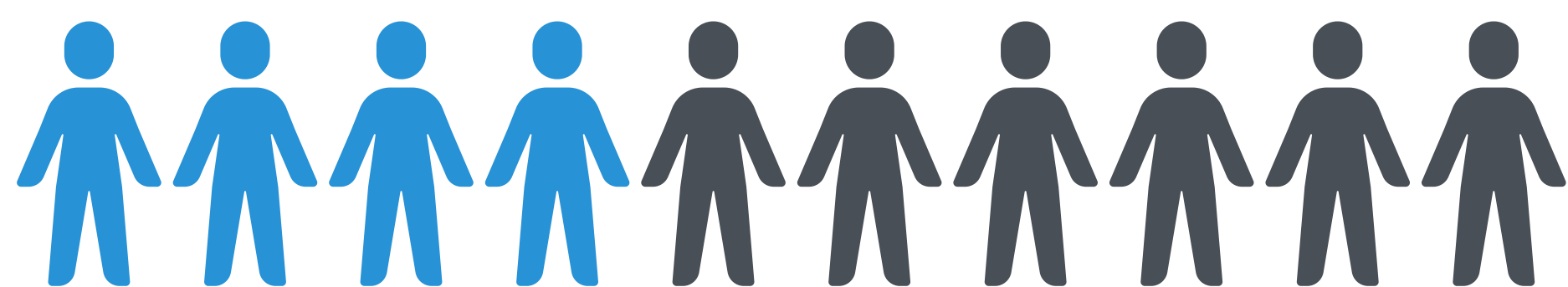


NATIVE HAWAIIAN/PACIFIC ISLANDER MENTAL HEALTH DURING THE COVID-19 PANDEMIC

Native Hawaiians and Pacific Islanders (NH/PI) are experiencing unprecedented mental health concerns in the context of the COVID-19 pandemic. Our study of 1,262 NH/PIs found that nearly 4 in 10 NH/PIs are experiencing current anxiety or depression symptoms.

Current Mental Health



38% of NH/PIs are currently experiencing anxiety or depression symptoms

Younger adults (18-24 years), individuals making less than \$25,000 annually, and Native Hawaiians, Marshallese, and multiethnic NHPIs are most vulnerable to experiencing anxiety or depression.

Need for Services



41% of NH/PIs with current diagnosed mental health conditions need help accessing mental health services

Mental Health-Related Stress



39% of NH/PIs say that mental health concerns are a significant source of stress

2.9 x

NH/PIs who faced discrimination are nearly three times as likely to report current depression or anxiety symptoms than those who did not face discrimination (even after accounting for NH/PI ethnicity, age, gender, income, and pre-existing mental health conditions).



**AAPI
COVID-19**
Needs Assessment Project

For more information, visit aapicovidneeds.org or contact Raynald Samoa, MD at rsamoa@coh.org.