

NATIONAL SUICIDE PREVENTION AWARENESS MONTH

Outbreaks such as COVID-19 and other public health events can cause emotional distress and anxiety.

Social connection is more important than ever.

Physical distancing during COVID-19 does not have to mean feeling alone.

According to the Office of Minority Health, Native Hawaiians and Pacific Islanders were **three times less likely** to receive mental health services or to receive prescription medications for mental health treatment.

In 2019, suicide was the leading cause of death for Native Hawaiians and Pacific Islanders ages 15-24.

According to the National Alliance on Mental Illness, AA NH/PI have the **lowest help-seeking rate** of any racial/ethnic group, with only 23.3% of AA NH/PI adults with a mental illness receiving treatment in 2019.

In 2007, suicide was the 8th leading cause of death for Asian-Americans, whereas it was the 11th leading cause of death for all racial groups combined.

If someone you know may be considering suicide, consider these 5 steps:

1. Ask

Reach out to your loved ones who have struggled with emotional distress in the past. Ask directly, "Are you thinking of harming yourself?"

2. Be There

While we physically distance, we can maintain a social connection by connecting virtually via phone, text, video chat, and other online platforms. Listen to their reasons for feeling pain and hopelessness.

3. Keep them safe

If someone you know is considering suicide, put time and distance between the person and their chosen method of harm.

4. Help them Connect

If you or someone you know is in an emergency, call The National Suicide Prevention Lifeline at 800-273-TALK (8255) or call 911 immediately.

5. Follow up

After your initial contact, find out how they are doing. Leave a message, send a text, or give them a call.

From The National Action Alliance for Suicide Prevention and the National Suicide Prevention Lifeline

Culturally Relevant Resources and Centers

- **National Asian American Pacific Islander Mental Health Association (NAAPIMHA):** naapimha.org
- **The Mental Health Coalition:** thementalhealthcoalition.org/aapi
- **National Queer Asian Pacific Islander Alliance (NQAPIA):** nqapia.org/wpp/home
- **Native Hawaiian Traditional Healing/Cultural Program**
 - **Aha Kane:** ahakane.org
- **Hawaii Primary Care Association:** hawaiiipca.net
- **Papa Ola Lokahi (POL):** papaolalokahi.org
- **I Ola Lahui:** iolalahui.org
- **Asian American Health Initiative (AAHI):** aahiinfo.org
- **Asian American Psychological Association (AAPA):** aapaonline.org
- **Asian Mental Health Collective:** asianmhc.org
- **Chinese-American Family Alliance for Mental Health (CAFAMH):** cafamh.org
- **Mental Health Association for Chinese Communities (MHACC):** mhacc-usa.org
- **Viet-Care:** viet-care.org