

Outreach/Engagement to Reduce Stigma among API's: Suicide Prevention

Did You Know?

- Suicidal ideation appears in 19% of API High School students versus the 16% national average
- API students show double the rate of suicide attempts compared to the national average (4% versus 2%)
- AANHPI women ages 65+ have the highest rates of suicide of all racial groups
- Suicide is the 5th-leading cause of death among Asian Americans compared to the 9th-leading cause of death for Non-Hispanic Caucasian Americans
- Ethnic minorities (including Asian Americans) are less likely than Caucasians to express suicidal ideation on pre-intake questionnaires, unless directly asked in-person by an intake therapist
- Asian adults and college students were less likely than other racial groups to seek professional psychological help for suicide ideation

Protective Factors

- Higher levels of identification with Asian culture, particularly:
 - Sense of belonging
 - Affiliation with spiritual, material, intellectual, and emotional features of Asian culture
- Strong and supportive family relationships
- Family cohesion and organization
- Parental bonding and support
- Positive peer relationships

Risk Factors

- Previous suicide attempts
- Mental health issues
- Recent immigration status
- Poor academic performance, not meeting expectations, or difficulties with academics
- Higher levels of family conflict
- Perceived discrimination
- Bullying
- Unwillingness to seek help due to perceived cultural stigma
- Conflict between Asian culture and other belief systems/cultures
- Business failures/financial stress
- LGBTQQ status
- History of physical and/or sexual abuse
- Trauma
- Loss of significant other/no support system