





**National Lodge**  
ESTABLISHED 1895  
Carolyn H. Chan

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# Chinese American Citizens Alliance

~ National ~

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stigma surrounding mental and behavioral health disorders in the AAPI community. Rep. Chu released the following statement:

“Among the incredible advances in healthcare has been a revolution in understanding and treatment of mental health issues. As a former clinical psychologist, I have seen firsthand how important mental health services can be. But still, too many in the AAPI community in particular suffer in silence, afraid to talk about a problem they don’t understand. This is exacerbated by the pervasive myth that AAPIs are a ‘model minority’ that do not suffer from mental and behavioral disorders. But it is imperative we help more Americans understand that healthcare includes mental health care. And just like you wouldn’t be expected to ignore a physical ailment like cancer, nor should you ignore mental and emotional ones like depression. This has to start with addressing the lack of accurate information about mental health conditions, symptoms, treatments, and support in communities and making sure that individuals who need help are aware of the resources available. This bill is a crucial step towards properly addressing this issue within our community and creating a dialogue about the importance of mental health. Through messaging and outreach that reflect the unique cultural and language needs of our community, we can save lives and get individuals the help they deserve.”

C.A.C.A. supports all efforts to effect more awareness of and engagement of our communities in overcoming the devastating effects of those suffering in silence due to mental health issues. Having culturally competent professional services and removal of the barriers to accessing these vital services are key steps in breaking the mental health stigma.

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Web: [www.CACAnational.org](http://www.CACAnational.org)  
Chinese American Citizens Alliance

The Chinese American Citizens Alliance, established in 1895, is the oldest Asian American civil rights organization in the United States. Headquartered in San Francisco with chapter/lodges in Albuquerque (NM), Boston (MA), Chicago (IL), Greater New York, Greater San Gabriel Valley (CA), Houston (TX), Las Vegas (NV), Los Angeles (CA), Mississippi, Oakland (CA), Orange County (CA), Peninsula (CA), Portland (OR), Phoenix (AZ), Salinas (CA), San Antonio (TX), San Francisco (CA), Seattle (WA), Tucson (AZ), and Washington, D.C., the Alliance advocates on issues regarding voter education, political participation, racial discrimination and hate crimes, youth leadership training programs and equal employment opportunities for all Chinese Americans.