



OHIO PROGRAM *for*
**CAMPUS SAFETY
& MENTAL HEALTH**
A NEOMED CCoE

Creating Community Wellness:

Equity and Inclusion in Student Mental Health

Breaking Silences in the Model Minority: Asian American and International Student Mental Health Before and During COVID-19

Session Description:

The COVID-19 pandemic has shed light on a dramatic rise in anti-Asian racism and violence, which pose significant harms to the health and well-being of this population. However, the mental health of Asian American and international students has been a significant but neglected challenge for much longer than one year. In this talk, the speaker will describe the mental health concerns of these two populations, discuss the role of racial stereotyping on mental health (including the so-called “model minority myth”), describe the influence of COVID-19, and discuss innovative approaches for moving forward.

Learning Objectives:

- Name 2 barriers (structural and/or cultural) that negatively affect the ability of Asian American and international students to access mental health care.
- Describe the impact of racial bias and stereotypes on the mental health of these groups.
- Name 1 innovative approach to improving Asian American and international student mental health.

Link to join:

<https://neomed.zoom.us/j/99121498317?pwd=MWRRCRHV2NjdTS21MS3FuUk4vRlNzdz09>

Passcode: 944906



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