

## Cultural Awareness Series: Asian American and Pacific Islander Heritage Month – Additional Resources

May is recognized as Asian Pacific/American Heritage Month, honoring all Asian and Pacific Islander Americans and the diverse cultures they represent.

Addressing disparities in medicine requires understanding diverse traditions, cultures and contributions. It also requires ensuring that space and resources are provided for overcoming existing barriers to health equity. Curated resources to expand your cultural understanding, as well as to support colleagues and patients from these communities, are available below:

### **Mental Health Resources**

[American Academy of Child & Adolescent Psychiatry \(AACAP\) AAPI Resources](#)

[American Psychological Association \(APA\): The Mental Health Impact of Anti-Asian Racism](#)

[AAPI Mental Health and Self-Care Resources](#)

[Substance Abuse and Mental Health Services Administration \(SAMHSA\) Asian American, Native Hawaiian, and Pacific Islander](#)

[Stop AAPI Hate](#)

### **COVID-19 Resources**

[The AAPI COVID-19 Project](#)

[AAPI COVID-19 Needs Assessment Project](#)

[Asian Pacific Policy and Planning Council \(A3PCON\) COVID-19 Resources](#)

[CDC Native Hawaiian and Pacific Islander National Health Interview Survey](#)