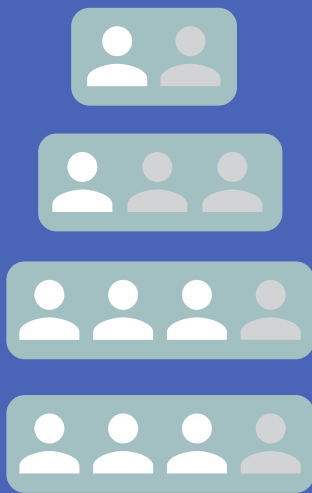


# COVID-19 RACISM IMPACTS THE MENTAL HEALTH OF CHINESE AMERICAN FAMILIES

The COVID-19 pandemic has refueled anti-Asian sentiment in the United States. Racial discrimination against Chinese Americans is prevalent and has negative consequences for their mental health.



1 in 2

Children **personally experienced** racial discrimination at least once online

1 in 3

Parents **personally experienced** racial discrimination at least once online

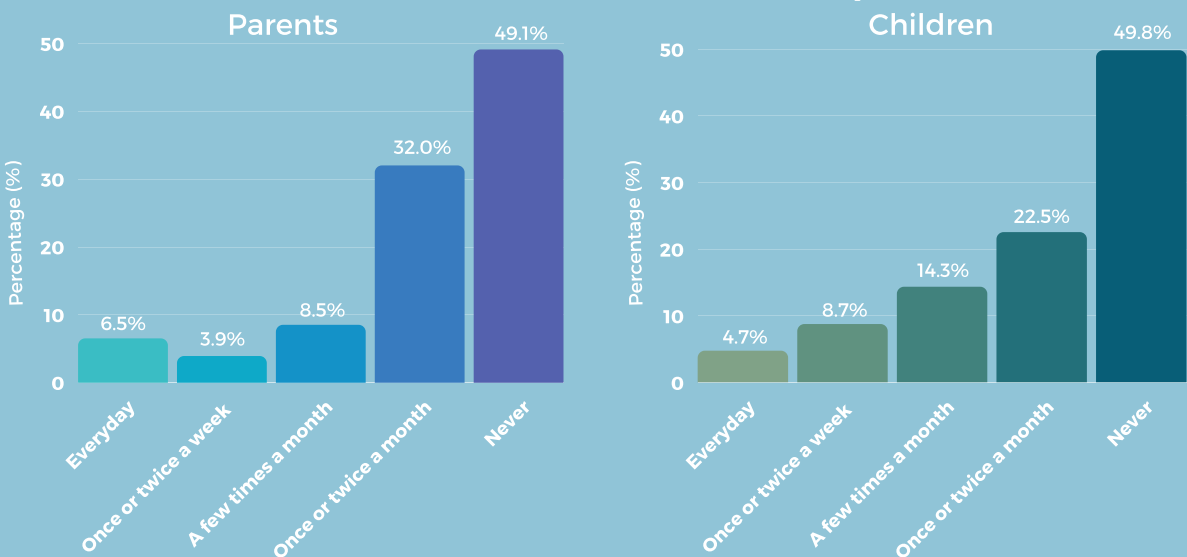
3 in 4

Parents **witnessed** racial discrimination at least once online

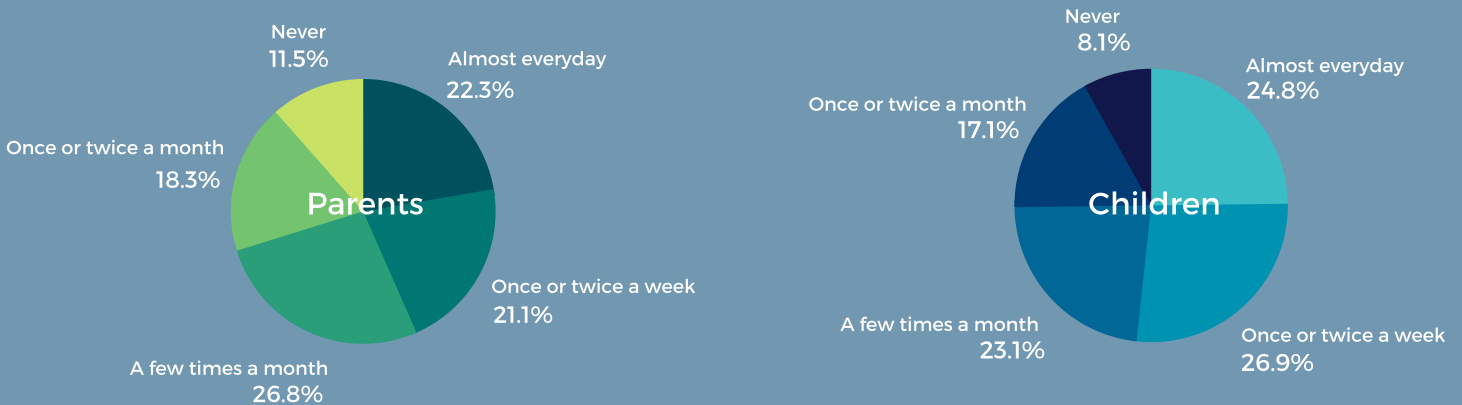
3 in 4

Children **witnessed** racial discrimination at least once online

## Percent & frequency of individuals who were directly targeted by COVID-19 racial discrimination in person



## Percentage & frequency of individuals who witnessed other Asian Americans targeted by COVID-19 racial discrimination in person



## COVID-19 discrimination experiences were related to parents' and youth's poorer mental health.

Parents' discrimination experiences also impacted their children's mental health.

### WHAT CAN PARENTS DO?

- Report experiences of racism to authorities
- Seek support groups that provide opportunities to relate to other Chinese Americans
- Seek mental health care to develop healthy coping strategies including how to respond to racism for both parents and children
- Promote the importance of diversity and equality by encouraging educational conversations and offering resources (e.g., books, videos)

### WHAT CAN HEALTH CARE PROFESSIONALS DO?

- Be sensitive to the potential mental health needs of Chinese American youth and their parents related to COVID-19 discrimination
- Validate and normalize mental health help-seeking behaviors among Asian Americans
- Use culturally competent approaches and screening tools to identify youth & adults with mental health needs

### WHAT CAN SCHOOLS DO?

- Provide scientifically-validated information on COVID-19 and correct misconceptions blaming Asian Americans for the COVID-19 pandemic
- Encourage teachers and staff to take diversity, equity, and inclusion training to address issues specific to Asian American students and their families
- Strengthen school-community efforts to identify and prevent anti-Asian sentiments

WE MUST WORK TOGETHER TO RAISE AWARENESS ABOUT THE HARMFUL EFFECTS OF RACISM, PROACTIVELY SEEK HELP, AND FORM COALITIONS TO DISRUPT RACISM

FOR MORE INFORMATION: [HTTPS://CCADLAB.UMBC.EDU/RESEARCH/PROJECT-SAFER/](https://ccadlab.umbc.edu/research/project-safer/) OR CONTACT: DR. CHARISSA CHEAH AT [CCHEAH@UMBC.EDU](mailto:CCHEAH@UMBC.EDU)