



Suicide Prevention, Intervention, and Postvention Resource Tool for Asian American, Native Hawaiian, and Pacific Islander Communities.



June 2024

This resource guide was compiled by team members from the AANHPI 'Ohana Center of Excellence on Behavioral Health to provide the community with a collection of resources to better understand and prevent suicide among Asian American, Native Hawaiian, and Pacific Islander communities.

As a resource center, the AANHPI 'Ohana Center of Excellence provides access to resources and information on this website. Inclusion in an AANHPI CoE resource database does not imply endorsement of, or agreement with, the contents by AANHPI CoE. In addition, we recognize that this resource collection may not be exhaustive, and users are advised not to rely solely on it. The AANHPI 'Ohana Center of Excellence does not claim to be the authority on any resources we provide, and we highly recommend consulting with elders, community leaders, or helping professionals who are knowledgeable about AANHPI cultures and experiences to ensure alignment with specific ethnic or cultural needs when seeking resources. For more information, please visit our website at aanhpi-ohana.org.

Contributors to this resource guide include: Lilinoe Kauahikaua, Falahola Kanongataa, Meekyung Han, Kyoung Mi Choi, Kathleen Wong(Lau), and John Oliver.

How to use this guide

Category

This guide is organized into three main categories, as described below. We recognize that some of the resources provided may apply to more than one category, and are indicated with such.

- (PRE) for Prevention: Activities implemented prior to the onset of an adverse health outcome (e.g., dying by suicide) and designed to reduce the potential that the adverse health outcome will take place.
- (INT) for Intervention: Activities designed to decrease risk factors or increase protective factors.
- (POST) for Postvention: Activities following a suicide to help alleviate the suffering and emotional distress of the survivors and prevent additional trauma and contagion.

Community

Each resource is indicated with the community or communities that they are relevant to, indicated with:

- (AA) for Asian American
- (NH) for Native Hawaiian
- (PI) for Pacific Islander

Focus

Each resource may have a location focus and is identified with:

- (N) for nationally focused
- (R) for regionally focused
- (L) for locally focused
- (NA) for not applicable

We Need to Talk About It: Stigma, Shame, and the Importance of Conversations about Mental Health and Suicide Prevention in AANHPI Families and Communities

Source	AANHPI 'Ohana Center of Excellence		
Type	Online workshop (replay)		
Tags	Category	Community	Focus
	PRE	AA, NH, PI	N
Description	Presented by Dr. Pata Suyemoto, Training Director for the National Asian American Pacific Islander Mental Health Association (NAAPIMHA) and a master trainer for NAAPIMA's Achieving Whole Health Program. This webinar explores issues that constrain AANHPIs from talking about mental health and suicide and ways we can address these concerns. Review of the model minority myth, health disparities, and cultural mismatch of services and interventions impact AANHPIs' ability to start conversations about mental health and suicide prevention with our families, friends, and in our communities. Learn about the importance of cultural humility when addressing mental health concerns, especially cross-culturally and strategies to break the silence around these critical issues.		
Location / url	https://aanhpi-ohana.org/event/stigma-shame-mental-health-aanhpi-communities/		

Widening the Lens: Exploring the Role of Social Justice in Suicide Prevention – A Racial Equity Toolkit

Source	Massachusetts Coalition for Suicide Prevention Alliance for Equity		
Type	Toolkit (downloadable)		
Tags	Category	Community	Focus
	PRE	AA, NH, PI	N
Description	This Toolkit, written by social justice and racial equality experts, along with the Massachusetts Coalition for Suicide Prevention Alliance for Equity provides a foundation for assessing organizations and working to change organizational culture to move forward toward being a more racially equitable organization. The resources presented throughout the Toolkit are designed to provide knowledge and answers that will work best for your organization, and for yourself personally. The authors include engaging exercises to explore and challenge existing bias and belief systems, in addition to encouraging policy change for organizations. While the focus is on suicide prevention, the work included in this Toolkit can be adapted for other areas of concern for work organizations and for EAPs.		
Location / url	https://www.masspreventsuicide.org/wp-content/uploads/2019/09/WideningTheLensToolkit.pdf		

AANHPI Service Providers in all Fifty States

Source	The National Asian American Pacific Islander Empowerment Network (NAAPIEN)		
Type	Directory of Providers		
Tags	Category	Community	Focus
	PRE, INT, POST	AA, NH, PI	N

Description	NAAPIEN brings together Asian Americans, Native Hawaiians, and Pacific Islanders (AANHPIs) who have lived experience with mental health issues, either as individuals or as impacted friends or family. The resources include 50 states' hopeline/hotline information and mental health providers.
Location / url	https://www.naapimha.org/aanhpi-service-providers

Ahupua‘a Model: A Model for Cultural Healing

Source	Papa Ola Lōkahi, AANHPI ‘Ohana Center of Excellence		
Type	Training, toolkit		
	Category	Community	Focus
Tags	PRE	NH, PI	R (Hawai‘i)
Description	<p>Resource description: The Ahupua‘a Model highlights the interconnectedness of land, people, and culture, aiming to heal historical and cultural traumas among Native Hawaiians. This traditional resource management system divided land from mountains to sea, fostering balance and sustainability. Today, it supports interventions that strengthen family ties, preserve traditional knowledge, and respect the land, crucial for reducing trauma's impact and promoting resilience. By addressing root causes of trauma and embracing cultural strengths, the model empowers Native Hawaiians to reclaim their heritage and foster meaningful healing and growth.</p> <p>Training description: Through this training, participants will learn about the Ahupua'a model for cultural healing developed by Papa Ola Lokahi. They will discuss ways the model can be applied to the self, 'ohana, kaiaulu (community), as well as larger care systems in Hawaii. Participants will also provide their perspective on how this model resonates and applies in their own everyday life.</p> <p>Training on this resource is provided through collaboration with Papa Ola Lōkahi and the AANHPI ‘Ohana Center of Excellence and can be requested HERE.</p>		
Location / url	https://www.papaolalokahi.org/program/ahupuaa-model		

E Hui Ana nā Moku: A Cultural Resource Guide to Harm Reduction

Source	Papa Ola Lōkahi, AANHPI ‘Ohana Center of Excellence		
Type	Training, toolkit		
	Category	Community	Focus
Tags	PRE	NH, PI	R (Hawai‘i, Pacific Islands)
Description	<p>Resource Description: E hui ana nā moku: A cultural resource guide to harm reduction, by Papa Ola Lōkahi and Hawai‘i Health & Harm Reduction Center focuses on returning and reconnecting to cultural practices to address the harms of colonization in Hawai‘i and promote healing within Native Hawaiian communities. Ho‘i i ka Piko ~ Harm reduction through a kānaka lens embraces returning to the source. It is a process to elevate Hawaiian ways of knowing and being, which are strongly connected to (w)holism, spirituality, and relationship to ‘āina.</p> <p>Training Description: This training aims to address and mitigate the impacts of colonization on Native Hawaiian communities by focusing on cultural approaches. It</p>		

	will equip participants with the skills to effectively use the provided resource guide to support those they serve. The training emphasizes creating accessible opportunities for cultural engagement and raising awareness about the link between colonization and issues such as substance use and mental health challenges. Training on this resource is supported through collaboration with Papa Ola Lōkahi and the AANHPI ‘Ohana Center of Excellence and can be requested here - HERE .
Location / url	https://www.papaolalokahi.org/program/harm-reduction

Suicide Prevention resources for Asian American, Native Hawaiian, and Pacific Islander Communities

Source	American Foundation for Suicide Prevention		
Type	Resource directory		
	Category	Community	Focus
Tags	PRE, INT, POST	AA, NH, PI	N
Description	Established in 1987, the American Foundation for Suicide Prevention (AFSP) is a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education and advocacy to act against this leading cause of death. The list of national resources has been reviewed for accuracy, mental health and community content, and ease of use.		
Location / url	https://afsp.org/mental-health-resources-for-marginalized-communities/#asian-american,-native-hawaiian,-and-pacific-islander-communities		

Asian American and Pacific Islander Outreach Resource Manual

Source	National Alliance on Mental Illness		
Type	Resource, download		
	Category	Community	Focus
Tags	PRE, INT, POST	AA, PI	N
Description	The National Alliance on Mental Illness has put together an API Outreach Resource Manual. This manual outlines strategies to enhance mental health outreach and improve access to services for the API community. It provides information about API mental health, including suicide, and offers resources for organizations, such as model programs and best practices.		
Location / url	Download here		

Anna Akana Interview: Advocate on Asian American Mental Health, Suicide Prevention and other Mental Health Issues

Source	JED Foundation		
Type	Video interview		
	Category	Community	Focus
Tags	PRE, INT, POST	AA	N
Description	This interview is highly accessible for Asian American youth and young adults. Akana is an actress/singer who lost her 13 year old sister to suicide. She is interviewed by a		

	clinical psychologist. Covers a variety of topics such as stigma for discussing mental health issues in Asian American families, Model Minority myth, intergenerational conflict, and other issues.
Location / url	https://www.youtube.com/watch?v=Xo8zE8fUs4E&rc=1

Prevent Suicide Hawai‘i Taskforce

Source	Prevent Suicide Hawai‘i		
Type	Support group		
	Category	Community	Focus
Tags	POST	NH, PI	R (Hawai‘i)
Description	Bereavement/grief/loss support groups.		
Location / url	https://sites.google.com/hawaii.edu/pshtf/resources/support-groups?authuser=0		

Asian Mental Health Project: Stay In, Check In

Source	Asian Mental Health Project		
Type	Support groups		
	Category	Community	Focus
Tags	PRE, INT	AA	N
Description	Series of free, peer-led wellness groups for community healing hosted on Zoom: Queer Asian Mental Health Club; Proud Asian Men; Stay In, Check In; Asian Women & Femmes Wellness Group; Asian Adoptee Empowerment Circle.		
Location / url	https://www.asianmentalhealthproject.com/stay-in-check-in		

Guide for Parents of Asian/Asian American Adolescents

Source	William James College, Center of Excellence for Multicultural and Global Health (CMGMH)		
Type	Guidebook		
	Category	Community	Focus
Tags	PRE	AA	N
Description	Guide for Parents of Asian/Asian American Adolescents to discuss racism, anti-Asian hate, and mental health (Videos in English, Korean, Cantonese, Mandarin, Vietnamese, Japanese).		
Location / url	https://www.williamjames.edu/centers-and-services/multicultural-and-global-mental-health/resources-and-events/guide-for-parents-of-asian-american-adolescents.html		

Fact Sheet: What I Wish My Teachers Understood About Me: A Fact Sheet on Asian/Asian American Racial & Cultural Identity

Source	MGH Center for Cross-Cultural Student Emotional Wellness		
Type	Fact sheet, downloadable		
	Category	Community	Focus
Tags	PRE	AA	N

Description	A factsheet on Asian/Asian American racial & cultural identity. Helps providers and teachers understand the stressors on mental health for Asian American students.
Location / url	Download here

Asian American Racism & Mental Health Resources

Source	MGH Center for Cross-Cultural Student Emotional Wellness		
Type	Resource directory		
	Category	Community	Focus
Tags	PRE, INT, POST	AA	N
Description	Online resources on Asian American Racism & Mental Health Resources for students, parents, therapists, allies, and organizations.		
Location / url	https://www.mghstudentwellness.org/racism		

Breaking the Stigma Series

Source	Wisconsin United Coalition of MAA: Project Resiliency		
Type	Trainings, videos, resource guides		
	Category	Community	Focus
Tags	PRE, INT, POST	AA	N, R (Wisconsin)
Description	The purpose of creating the Breaking the Stigma series is to normalize talking about mental health and suicide prevention topics within our Hmong community. This series has seven episodes, which cover various mental health topics.		
Location / url	https://www.wucmaa.org/breakingthestigma		

Strategies for the Hmong Community: We Are the Peace We Need. We Are Our Own Solutions

Source	Suicide Prevention Resource Center		
Type	Webinar, training		
	Category	Community	Focus
Tags	PRE, INT	AA	N
Description	During this training session, the trainer (True Thao) discussed the unique characteristics of the Hmong community and compared the biopsychosocial factors and needs of refugees and immigrants. The concepts covered are meant to be applicable to other refugee populations as well. Participants were encouraged to share their knowledge and engage in a discussion with the speaker and their peers.		
Location / url	https://sprc.org/event-training/creating-effective-suicide-prevention-strategies-for-the-hmong-community-we-are-the-peace-we-need-we-are-our-own-solutions/		

Source			
Type			
	Category	Community	Focus
Tags			
Description			

Location / url	
-----------------------	--

Articles, Studies, Published Research

Concerns about Suicide Among Asian Americans: The Need for Outreach?

Temporal Trends and Disparities in Suicidal Behaviors by Sex and Sexual Identity Among Asian American Adolescents

Examining the Etiology of Asian American Suicide in the United States

Suicide in Colorado Complex Issues in a Diverse State

Acceptance by Peers Reduced Risk of Suicide Attempts among API LGBTQ Youth, Report Finds

Suicide Risk among Pacific Islander, American Indian, and Multiracial Youth

Suicide Among Asian American, Native Hawaiian, and Pacific Islander Veterans: Rates and Methods, 2005–2019

Community Based Organizations (regional and national)

The Greater Boston Regional Suicide Prevention Coalition

<https://www.greaterbostonpreventssuicide.org/>

Equity for the Massachusetts Coalition for Suicide Prevention (MCSP)

<https://www.mcspnow.com/>

The National Asian American Pacific Islander Empowerment Network (NAAPIEN)

<https://www.naapimha.org/naapien>

Pono Youth Program – Mental Health America of Hawai‘i

<https://mentalhealthhawaii.org/youth/>

Asian American Suicide Prevention & Education

<https://aaspe.net/index.html>