

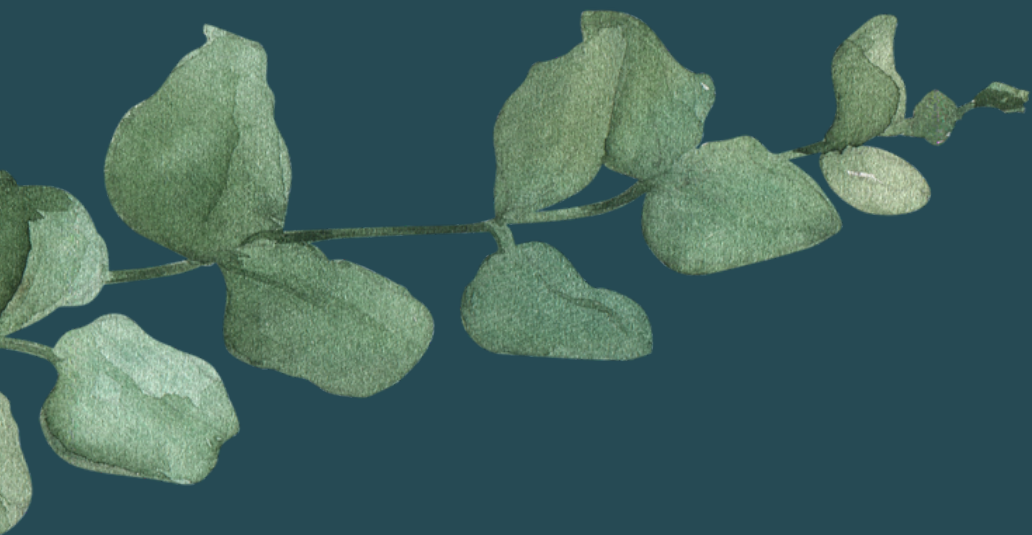


ASIAN MENTAL HEALTH PROJECT

2023

# IMPACT REPORT

HIGHLIGHTS OF THE YEAR



Asian Mental Health Project provides educational resources and community care initiatives that help make mental health care more accessible and approachable for the Pan-Asian community. Today, we create multimedia resources, host community events and provide mental health assistance grants.

# OUR MISSION



# 2023 WRAPPED

We expanded to offer 7 peer-led groups with 11 facilitators. 2000+ individuals signed up across all groups. Stay in, Check-in brought in 33 mental health workshops.

Each group was specifically requested by members of the community and are aimed to fulfill the need for community care. Facilitators consisted of both peer leaders as well as practicing mental health professionals.

## MONDAY

- Queer Asian Mental Health Club
- Asian Adoptee Empowerment Circle
- Proud Asian Men

## TUESDAY

- In Relationship With: Relational Dynamics Workshop
- Peer Wellness Group for Asian Women & Femmes

## WEDNESDAY

- Stay in, Check-in: A Community Wellness and Education Circle

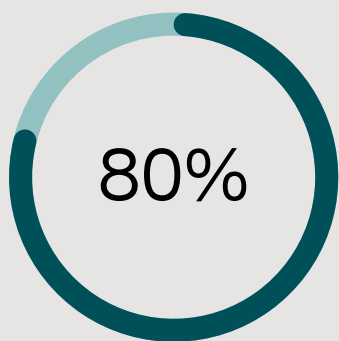
## THURSDAY

- The Strong Ones: A Wellness Circle for Caregivers and Community Leaders

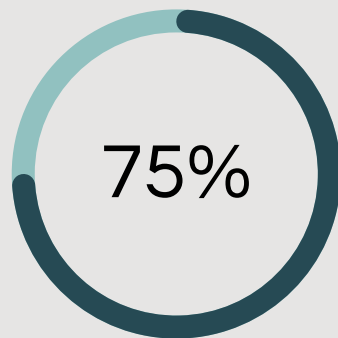


# MENTAL HEALTH ASSISTANCE GRANT

2022: 81 Applicants —————> 2023: 784 Applicants

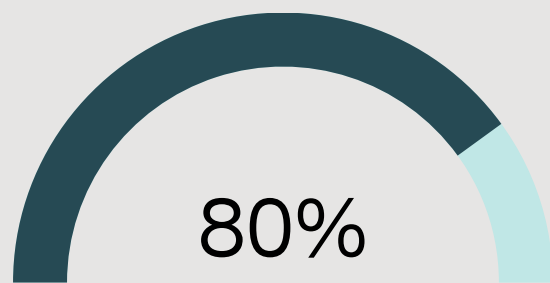
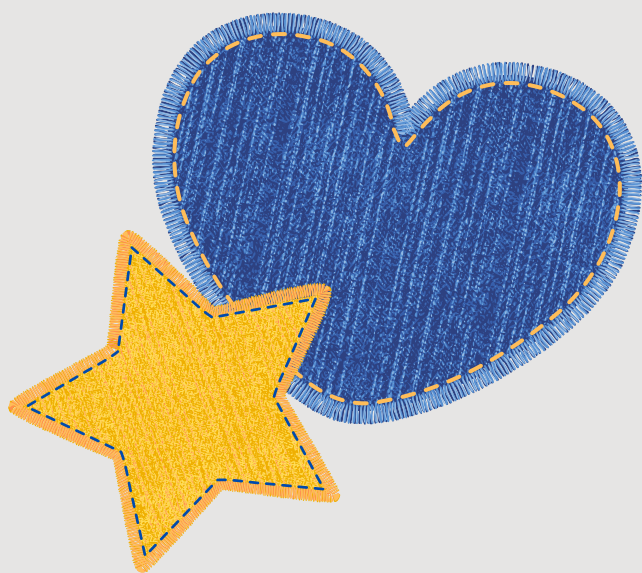


Of 2023 applicants, 80% were between the ages of 20 and 39



Of 2023 applicants, 75% cited that they needed the grant for professional mental health care

We disbursed our mental health assistance grant to 30 individuals for \$500 each. The philosophy behind the grant is that mental healthcare is not just clinical care, but can also be food, housing and financial security. The grant can be used at discretion, answering the question: "If you had \$500 dollars to dedicate to your mental health, how would this support you?"



Of the grant recipients, 80% reported plans to use the funds for professional mental health care

Of the grant recipients, the reported average age is 28



# PARTNERSHIPS



## Letter to our Partners

Director of Partnerships | Jennifer Tarm (she/they)

Hi everyone!

This is Tarm from AMHP and I wanted to take a moment to express my gratitude and send extra finger hearts to all the wonderful individuals and organizations we got to do partnerships with in 2023. As an organization that works toward making mental health education and programming more accessible, it warms our heart to know that people are getting connected with our work and want to work with us each time we receive an email or DMs in our socials. Whether it's sharing our IG posts, sending donations, attending our community programs, or co-hosting events with us, thank you for thinking about us and supporting our work in destigmatizing mental health within the pan-Asian community. Tackling this work takes collective effort and we wouldn't be able to do this without the team, our partners/donors, volunteers, community members, and community organizing brothers/sisters/ancestors.

In community & solidarity,

*Jennifer Tarm*



If you are interested in short and/or long term partnerships for 2024, please email AMHP Director of Partnerships - Jennifer Tarm ([tarm@asianmentalhealthproject.com](mailto:tarm@asianmentalhealthproject.com))

@asianmentalhealthproject



# WORKSHOPS & EDUCATION



This year, we provided educational workshops as well as community processing spaces to organizations such as APIA Scholars, partners at Move the Chain and Prove Identity, and Warner Music Group. We also spoke on collaborative educational panels such as for Eating Recovery Center and Crisis Text Line.

## TOPICS

- SELF CARE & COMMUNITY CARE - HOW TO MAKE AN IMPACT IN YOUR LIFE AND BEYOND
- RIPPLE EFFECT: HOW TO CREATE COMMUNITY CHANGE
- BENEATH THE BURNOUT - CULTURAL EXPECTATIONS AND HOW THEY IMPACT WORKING CULTURE

# PARTNERSHIPS

## 2023 PARTNERS INCLUDE...



**APPIA**  
SCHOLARS  
Educate. Elevate. Empower.



RELATING BETWEEN THE LINES



NESPRESSO®

Madewell



J. Crew



CENTER FOR THE  
PACIFIC ASIAN FAMILY  
NURTURING CHANGE TOGETHER



Move the Chain



American  
Foundation  
for Suicide  
Prevention



Prove



LOS ANGELES  
PUBLIC LIBRARY

SANS

BAISUN  
Candle Co.



ASIAN AMERICANS  
ADVANCING  
JUSTICE  
SOUTHERN CALIFORNIA

co-mrkt

736  
STUDIOS

# PARTNERSHIPS



CRISIS TEXT LINE |



Pathlight  
Mood &  
Anxiety  
Center

get free!



change  
with  
a lotte



SENIORS  
FIGHT BACK



asian  
mental health  
collective



Yellow Chair  
Collective

Psychotherapy Group



QUEER ASIAN SOCIAL CLUB



LOS ANGELES COUNTY  
DEPARTMENT OF  
MENTAL HEALTH  
hope. recovery. wellbeing.



FIND  
YOUR  
ANCHOR



WELLNESS • RECOVERY • RESILIENCE

SANZO

GOLDE

HALMI



PARTAKE

teeturtle 🐢

FLY BY JING

SILK SONDER

ALALA

LA LUER



A-SHA

KRAVEBEAUTY

Korean  
Traditional  
Dance  
Institute of  
California

@asianmentalhealthproject



# 2023 EVENTS IRL

We believe in the need for community support and gathering. We hosted in-person events to nurture this crucial need, amassing over 500 total attendees.



Survivor Support Summit



It's Reading...Rainbow



Chinatown Firecracker Run



Outfest Fusion



APIA Scholars Careerfest



Honor Your Feelings Fest

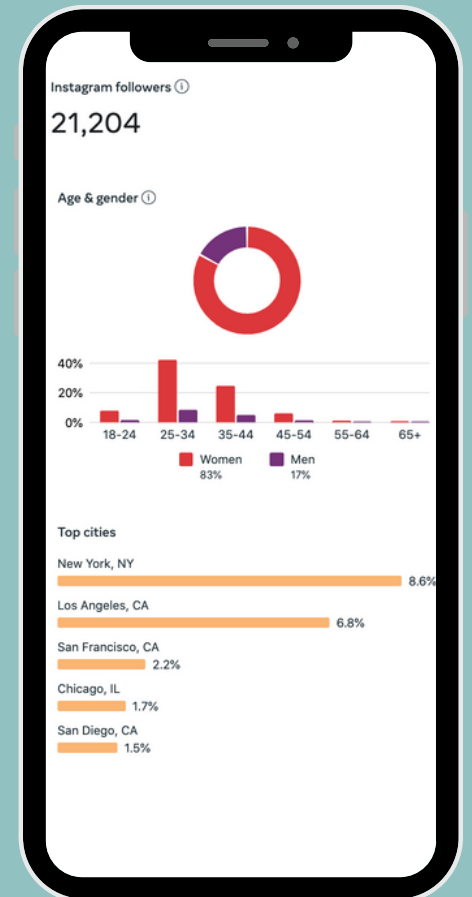
# SOCIAL & DIGITAL IMPACT

21K Followers on Instagram

125,950 IG accounts reached

2,300 newsletter subscribers

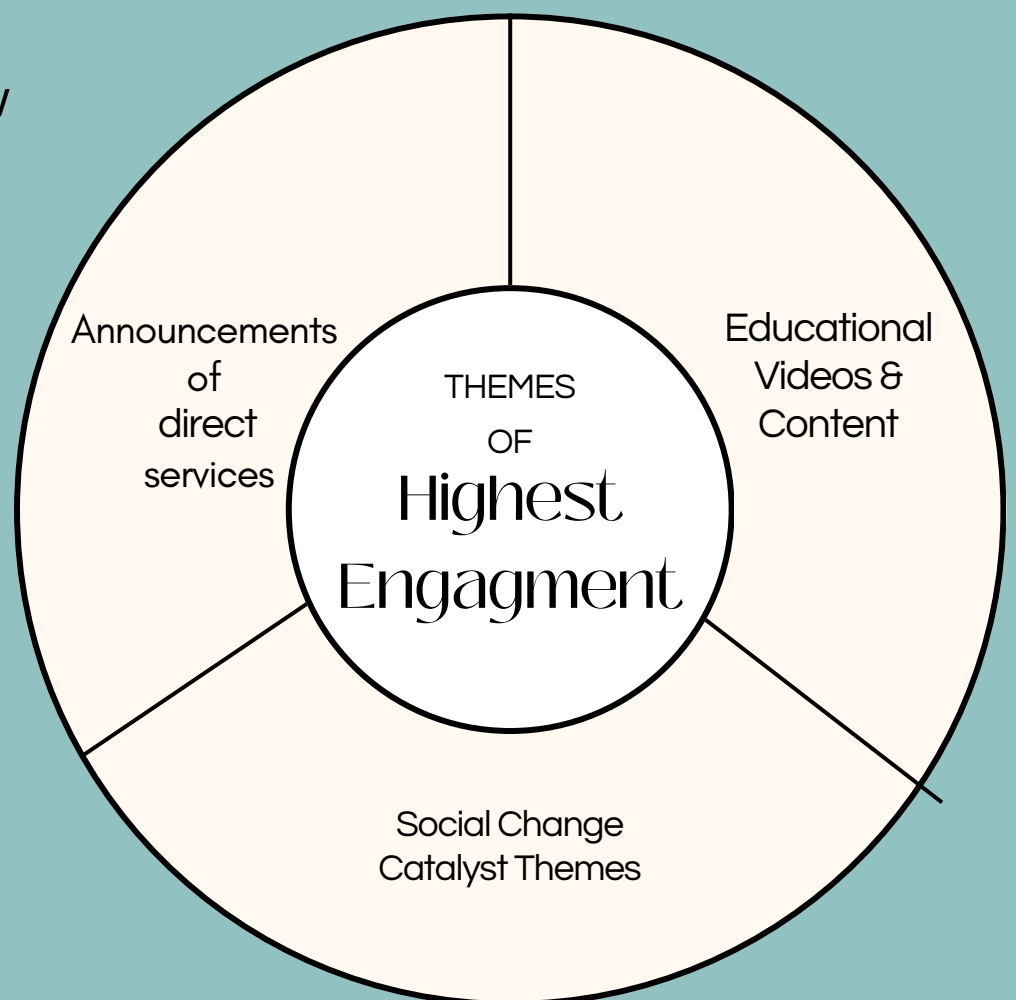
61% open rate on all newsletters



This year, we achieved new milestones with our social and digital reach, including the launch of our new interactive website and resource hub.

We reached 21K followers this last year and have reached 125,950 accounts.

We reached 2,500 active subscribers with a 60% average open rate in our newsletter.





hello hello!

Putting together this impact report brings me back to the very first community wellness check-in we ever hosted. Specifically, how shaky my hands were as I turned on my camera, and how I stammered through the hour. There were seven of us, mostly strangers - but with the shared desire to exist in community with folks who were going through the lonely uncertainty of 2020. The shared, human need for connection and support. The shared, innate compassion for one another as part of the Asian community.

We follow these needs for community spaces, hoping to grow our roots deeper through the next year.

I would like to thank our loving, wonderful, and brilliant team at Asian Mental Health Project for nurturing our mission. The team at Asian Mental Health Project is immensely grateful to all of our supporters for the resources to be able to do this work and to strengthen our pillars in education, community and direct aid.

This last year, we achieved dreams bigger than we could have ever imagined and are so excited to continue providing our services to the Pan-Asian community and beyond.



With love & gratitude,

Carrie Zhang (she/her)

Founder & Executive Director, Asian Mental Health Project

