

May is Asian Pacific American Heritage Month and Mental Health Awareness Month

# The Mental Health of Asian American, Native Hawaiian & Pacific Islander Communities in the Time of COVID:

## It's Time for Bold Action

This three-part virtual roundtable addresses the impact of historical and present day trauma and social injustice on their mental health, provides self-care strategies, and identifies long term community engagement strategies to address the mental health of Asian American, Native Hawaiian, and Pacific Islander communities.

### Part 1: We Are Not the Same: Understanding the Impact of COVID and Social Injustices on the Diverse AA, NH, and PI Communities

Monday, May 10, 2021 @ 2:00 - 3:30 pm EDT

[REGISTER HERE](#)

### Part 2: Asian American, Native Hawaiian, and Pacific Islander Self-Care and Healing

Wednesday, May 19, 2021 @ 4:00 - 5:30 pm EDT

[REGISTER HERE](#)

### Part 3: What's Next? Community Action for Transformational Change

Thursday, May 27, 2021 @ 3:00 - 4:30 pm EDT

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#### Organizers



**NAAPIMHA**  
National Asian American Pacific Islander Mental Health Association



**CHANGEMATRIX**

#### Partners



**NTTAC**  
National Training &  
Technical Assistance Center  
for Child, Youth, & Family Mental Health



**MHTTC**