



Addressing Asian American Youth Suicide in Wisconsin

- The suicide rate for Asian American youth doubled between 1999 and 2021.
- Suicide was the leading cause of death for Asian Americans ages 10-19 in 2021 and in 2022 for Asian Americans ages 15-24.
- Asian American youth who need support for their mental health face unique challenges. Cultural factors and entrenched stigma as well as underrepresentation in suicide research are among the biggest challenges.

"Don't be afraid to feel. Emotions are okay, the more you try to hide them, the more stress you will feel."

"Don't be afraid to ask for help if you're struggling."

UNDERSTANDING YOUTH SUICIDE IN THE ASIAN AMERICAN COMMUNITY

A 2024 study by the Medical College of Wisconsin identified three factors that impacted Asian American youth ages 12-19 who died by suicide.

WHAT WE KNOW... ABOUT YOUTH WHO DIED BY SUICIDE	WHAT WE CAN DO... FAMILIES, PEERS, AND COMMUNITIES
Missed Warning Signs Warning signs of suicide were observed by family and friends but were not acknowledged or acted upon.	<ul style="list-style-type: none">• Know and talk about the warning signs.• De-stigmatize mental health and receiving care.• Partner with community leaders to promote conversations around mental health.
Poor Post-Crisis Care There was inconsistent and ineffective post-crisis care. Although the individual received psychiatric care during a crisis, they had limited post-crisis care.	<ul style="list-style-type: none">• Promote the importance of after crisis care to patients.• Provide training for emergency and crisis personnel on cultural barriers for seeking care.• Conduct warm hand-offs to post-crisis care.• Connect to culturally attuned care or cultural navigators.• Collaborate with schools to create a supportive plan for returning to school.
Unsupportive Relationships There were strained interpersonal relationships. The individual thought their actions placed a strain on their personal relationships.	<ul style="list-style-type: none">• Promote strong family and peer relationships.• Promote supportive adult relationships.• Encourage talking about problems.

"Surround yourself with good people!"

RESOURCES

**Eau Claire Area
Hmong Mutual
Assistance
Association**
ecahmaa.org

**Wisconsin Hmong
Association**
whainc.org

Hmong American Center Inc.
hmongamericancenter.org

**Milwaukee Consortium
for Hmong Health, Inc.**
mkehmonghealth.org
**Hmong American
Friendship Association**
hmongfriendship.org

Asian Mental Health Collective / asianmhc.org
Builds online spaces for people looking to connect, share, and learn about the intersections of mental health and Asian identity. Provides online directory of Asian clinicians.

The Hmong Institute / thehmonginstitute.org
Serving the Hmong and other underserved communities in Wisconsin.

NAMI Wisconsin / namiwisconsin.org/mental-health-resources-for-hmong-community/
List of organizations and help lines specific to the Hmong community in Wisconsin.

**National Queer Asian Pacific Islander Alliance
(NQAPIA)** / nqapia.org
Empowering LGBTQ+ Asians and Pacific Islanders.

**Office of Children's Mental Health General Mental
Health Resources** / children.wi.gov

- [Tools for Families, Schools, and Communities](#)
- [Help for Your Family](#)
- [Mental Health Coping Strategies of Wisconsin Youth](#)
- [Youth Share their Advice on Mental Health with other Youth](#)



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