



richmond area multi-services, inc.

## **NEWS RELEASE**

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### **RAMS honors National Mental Health Month and May 10th Asian Pacific American Mental Health Day**

SAN FRANCISCO – In honor of Asian Pacific American Mental Health Day and May being Asian American and Pacific Islander Heritage Month *and* Mental Health Awareness Month, Richmond Area Multi-Services, Inc. (RAMS) is proudly partnering with Kearny Street Workshop to hold a photography exhibit titled “Frames of Mind”. This exhibit features the work of Asian American and Pacific Islanders who participated in a 7-class workshop series, telling stories about mental health through photography.

Here are the Frames of Mind exhibit details:

Frames of Mind exhibit: May 10-13, 2016 (please check the Center’s website for gallery hours)

FREE Public Reception: May 10, 2016 (4:00pm to 7:00pm)

International Hotel Manilatown Center

868 Kearny Street, San Francisco, CA 94108

#### About Mental Health Conditions:

- About one in five Americans in a given year are impacted by mental health conditions regardless of gender, age, race, religion and socioeconomic status. (NIMH)
- Asian Americans and Pacific Islanders appear to have extremely low utilization of mental health services relative to other U.S. populations. (NAMI) This may be due to the substantial stigma that exists and cultural & linguistic isolation of the community, family and individual.
- The economic cost of untreated mental illness is more than 100 billion dollars each year in the United States. Without treatment the consequences of mental illness for the individual and society are staggering: unnecessary disability, unemployment, substance abuse, homelessness, inappropriate incarceration, and suicide. (NAMI)
- Treatments for mental health conditions today are highly effective and individuals who receive treatment have significant reduction of symptoms and improved quality of life.

Many factors contribute to mental health concerns such as biological, life experiences (e.g. trauma, immigration, housing instability), and family history of mental health conditions. When someone starts to experience the early warning signs of mental illness, knowing the risks factors and symptoms will help. Often times, family and friends are the first to support a person through these early stages. Asking for help is never a sign of weakness and wellness & recovery is always possible.

#### About Asian Pacific American Mental Health Day:

May is established nationally as Asian American and Pacific Islander Heritage Month and Mental Health Awareness Month. Established by the State of California, the City & County of San Francisco, and the City of Austin (TX), Asian Pacific American Mental Health Day on May 10 recognizes the importance of raising awareness about mental health and promoting mental wellness in the Asian Pacific American community. The establishment of Asian Pacific American Mental Health Day was an effort spearheaded by RAMS and

overwhelmingly supported by many major associations and community coalitions. Since May is already established nationally as the Asian Pacific American Heritage Month *and* as Mental Health Awareness Month, institution of this day in the month of May more closely aligns both awareness efforts.

***About RAMS:*** *Founded in 1974, RAMS is a non-profit agency providing comprehensive, culturally competent services that aim to meet the behavioral health, social, vocational, and educational needs of the diverse San Francisco Area with special focus on the Asian & Pacific Islander and Russian-speaking communities. Annually, RAMS serves about 18,000 adults, older adults, children, youth & families, in about 30 languages, in over 90 sites citywide. For more information visit: [www.ramsinc.org](http://www.ramsinc.org)*