



FOR IMMEDIATE RELEASE

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LACDMH Offers Year-Round Services for AANHPI Communities

LOS ANGELES, CA — The Los Angeles County Department of Mental Health (LACDMH) is highlighting year-round, in-language services and culturally aware programs for Asian American and Native Hawaiian/Pacific Islander (AANHPI) communities in recognition of May as AANHPI Heritage Month.

“Language and culture can be powerful tools for building community connections throughout Los Angeles County, and reaching those who may need mental health support,” said LACDMH Director Lisa H. Wong, Psy.D. “Whether someone is looking for help for themselves or a loved one, we have trained and caring staff who can help in a variety of languages, from many different cultural backgrounds. Our doors and Help Line are always here to provide the resources and support needed.”

In the past year, LACDMH served 7,573 individuals identifying as AANHPI in outpatient mental health services, representing 3.6% of all outpatient clients. In contrast, approximately 1.4 million residents in Los Angeles County identify as Asian, yet only 2.85% accessed outpatient mental health services. These data indicate persistent disparities in service utilization, which may be associated with barriers such as stigma, limited awareness of services, and gaps in culturally and linguistically appropriate care.

LACDMH provides services in clients’ primary languages, including, but not limited to, Chinese (Mandarin and Cantonese), Korean, Vietnamese, Thai, Tagalog, Hindi, Samoan, Tongan and Khmer (Cambodian).

The Department offers a range of culturally and linguistically appropriate programs and services for AANHPI community members, including:

- *Tea Time*: A weekly support group hosted every Tuesday at the Langley Senior Center in Monterey Park focused on reducing social isolation and improving overall wellbeing among older adults.

- *Jewelry-Making with Peers*: A twice-a-month support group that meets on the first and third Wednesdays at the Langley Senior Center in Monterey Park. Attendees are creatively inspired and provided with emotional support while building positive peer connections and developing healthy coping skills.
- *Boba Break*: A support group that meets on the second and fourth Wednesdays of the month at the Azusa Youth & Family Center, offering boba drinks and a safe place for youths and families to prioritize mental health and wellbeing with positivity.
- *Coastal Asian Pacific Islander (API) Mental Health Clinic*: A Korean-language parent support group that provides psychoeducation and promotes engagement in mental health services for families supporting adult children living with schizophrenia.
- *Koreatown Mental Health Clinic*: A weekly tri-lingual (Korean, Spanish and English) arts and crafts group where attendees receive emotional support while fostering meaningful connections and developing resilience strategies. The clinic also hosts a weekly Korean-language family-to-family support group that provides mental health education for families supporting adult loved ones living with a mental health diagnosis.
- *Long Beach Asian Pacific Islander Mental Health Clinic*: A weekly support group for Khmer-speaking clients designed to reduce social isolation and enhance community connectedness.
- *Asian Pacific Islander (API) Underserved Cultural Community*: A monthly stakeholder convening that provides input on program development, service delivery, and strategies to improve outreach and engagement among underserved AANHPI populations.

As part of its broader community engagement and stigma reduction efforts, LACDMH also hosted a screening and panel discussion in December 2025 for the film *Rosemead*, moderated by LACDMH Director Lisa H. Wong, Psy.D., which included the film's director Eric Lin, and actors Lucy Liu and Lawrence Shou. The panel highlighted the intersection of storytelling, cultural identity and mental health, and underscored the importance of increasing awareness and dialogue within AANHPI communities.

While LACDMH recognizes AANHPI Heritage Month as an opportunity to elevate awareness, the Department provides culturally and linguistically appropriate services throughout the year for all Los Angeles County residents. LACDMH encourages individuals to access the 24/7 Help Line for Mental Health and Substance Use Services at (800) 854-7771, the 988 Suicide and Crisis Lifeline, walk-in clinics, peer resource centers, and services delivered in partnership with County agencies and community-based organizations. For additional information, visit dmh.lacounty.gov.

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About the Los Angeles County Department of Mental Health (LACDMH)

As the nation's largest public mental health department, we ensure access to care and treatment for our most vulnerable residents in a region nearing 10 million people. With an annual budget exceeding \$4.5 billion and over 7,700 budgeted positions, LACDMH is dedicated to hope, recovery, and wellbeing for everyone across the County. For more information, visit dmh.lacounty.gov or follow @LACDMH on [Facebook](#), [X \(formerly Twitter\)](#), [Instagram](#) and [YouTube](#).