

# The Vietnamese American & Mental Health

Presented by ECCAC Vietnamese Community

# ECCAC Vietnamese Community Goals

- To help the Vietnamese Community in understanding what Mental Health is.
- To Reduce Stigma in the Vietnamese Community about Mental Health.
- To provide Mental Health Services to the Vietnamese Community.
- Prevention and Early Intervention (PEI) is our Main Focus.



# Our Goals Today

- Introduce to you the Vietnamese American:  
The background history and factors that contribute to Mental Health issues in the community .
- Introduce ECCAC:  
A culturally competent approach to helping our communities.
- Meditation Session “Rise with the Sun”



# Personal Experiences

- Dennis Hoang: Experiences with Mental Illness as a Family Member.
- Michael Sharpe: Mental Health Experiences as an “Amerasian”.
- Brian Pham: Personal Experiences in dealing with Mental Illnesses.



# Dennis Hoang's Experience and Testimonial



# Michael Sharpe's Experience and Testimonial



# Brian Pham's Experience and Testimonial



# A Buddhist Way in Dealing with Stress and related Mental Health Issues

- Meditation in help reducing stress