

# Did You Know?

- Asians and Pacific Islander Americans comprise over 20% of San Mateo County's population and are underserved in behavioral health and other services.
- Nearly one out of every two Asian Americans and Pacific Islanders will have difficulty accessing behavioral health treatment services because they cannot find services that meet their language needs.
- More than half the members of some Asian ethnic groups suffer from a range of mental illnesses, including chronic depression, post-traumatic stress disorder (PTSD), anxiety, family violence, alcoholism and substance abuse.

## Meeting Schedule

1st Friday 1:30PM-3PM

Virtual Via Zoom

Contact [CHI@SMCgov.org](mailto:CHI@SMCgov.org) for more info.

聖馬刁縣華人健康促進會

## Resources

### **Behavioral Health & Recovery Services (BHRS) Access Call**

**Center** 800-686-0101 and TTY (for hearing impaired): dial 711

**Suicide & Crisis Lifeline** Call or text 988 or chat [988lifeline.org](https://988lifeline.org) to reach the Suicide & Crisis Lifeline.

## Get Involved

To get involved in the CHI, contact the email above or visit our website at:

[www.smchealth.org/CHI](http://www.smchealth.org/CHI).



Learn more about CHI



Learn about other Health Equity Initiatives

CHI is supported by San Mateo County Behavioral Health and Recovery Services, Office of Diversity and Equity. It is one of nine Health Equity Initiatives funded by the voter-approved Mental Health Services Act (Prop 63).



SAN MATEO COUNTY HEALTH  
**BEHAVIORAL HEALTH & RECOVERY SERVICES**



# Mission Statement

The Chinese Health Initiative (CHI) strives to improve the emotional and physical health and well-being of Chinese individuals, families, and children in San Mateo County (SMC). CHI empowers the Chinese community by raising awareness of health issues and services, advocates for culturally and linguistically accessible and responsive services, and collaborates with partner organizations to facilitate outreach and referrals.



# What is CHI?

The Chinese Health Initiative (CHI) was created by the BHRS Office Of Diversity and Equity (ODE) to promote cultural humility and address health inequities in San Mateo County. CHI is comprised of county employees, community partners, consumers/clients, and family members who are interested in improving the health and well-being of the Chinese community in San Mateo County. Our goal is to:

- Raise awareness of health issues and the availability of services throughout the County through community outreach, engagement, and education.
- Educate the Health System and our partners about cultural issues and potential barriers around working with the Chinese community.

- Advocate for services that are culturally and linguistically accessible and welcoming to the Chinese community.
- Work collaboratively with partners to facilitate access to services for the Chinese community.

# Past Projects

- Qi Gong Training
- Workforce Development Training on “How to work with the Chinese Community”
- Older adult Educational outreach
- Family Support Group
- Chinese WRAP program
- Health education workshops in the community
- Sing Tao Community, Fair Booth
- Bay Area Chinese Radio Station interviews

The Chinese Health Initiative sponsors a monthly support group for Chinese-speaking individuals and family members interested in learning about behavioral health services in San Mateo County. For more info, contact Alice Tong at (650) 573-3686.