



FROM MIND TO BODY

A guide for understanding
common mental health struggles
and ways to help



Preface

The Asian Health & Service Center's Behavioral Health Program is an OHA-approved Culturally and Linguistically Specific Service (CLSS), specializing in providing comprehensive and holistic Mental Health Services and Problem Gambling support for the Asian Communities residing within the Tri-Counties area. Our mission is to serve as a bridge between Asian and American cultures, fostering a harmonious community while achieving our vision of reducing health inequities and improving healthcare quality for all Asians.

AHSC's Integrated and Holistic Services Model strives to Engage, Empower, Enable, and Encourage the communities we serve, while providing Community Engagement, Health Integration, and Healthcare Services to promote whole-body health for our community members.

Our culturally competent and linguistically matched clinical services are provided by qualified mental health professionals from diverse cultural backgrounds, speaking Cantonese, Mandarin, Korean, Vietnamese, and English. Our clinicians honor members' intersectionality of identities to provide trauma-informed and person-centered care, to help members achieve their goals and vision for the future.

At AHSC, the Public Health Program, the Behavioral Health Program, and the Asian Cancer Resource & Support Service collaborate closely to create a safe space for the communities, ensuring anyone walking through our door receives the care they need in the language they are most familiar with, without requiring an interpreter.

We believe in the importance of a Whole Body Health mindset, which recognizes that you cannot achieve a truly healthy self without connecting mental, physical, emotional, and social well-being. We hope this AHSC Whole Body Health Resource Guide will help you to work towards a healthier and happier you, and together, we can create a more harmonious community.

Asian Health & Service Center

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Mental *and* Holistic Health

Mental health is “a successful performance of mental function, resulting in productive activities, fulfilling relationships with other people, and the ability to adapt to change and cope with adversity” (Promotion and Prevention in Mental Health, SAMHSA, 2007).

Mental wellness has always been connected to our overall wellness. Being healthy is not just being physically fit, but also having a healthy mind and a balanced life.

Everyone has the capacity to achieve mental wellness and build a strong psychological immune system. Therapy and self-help are not a waste of time. Just like physical illness, recovery from mental illness is possible.

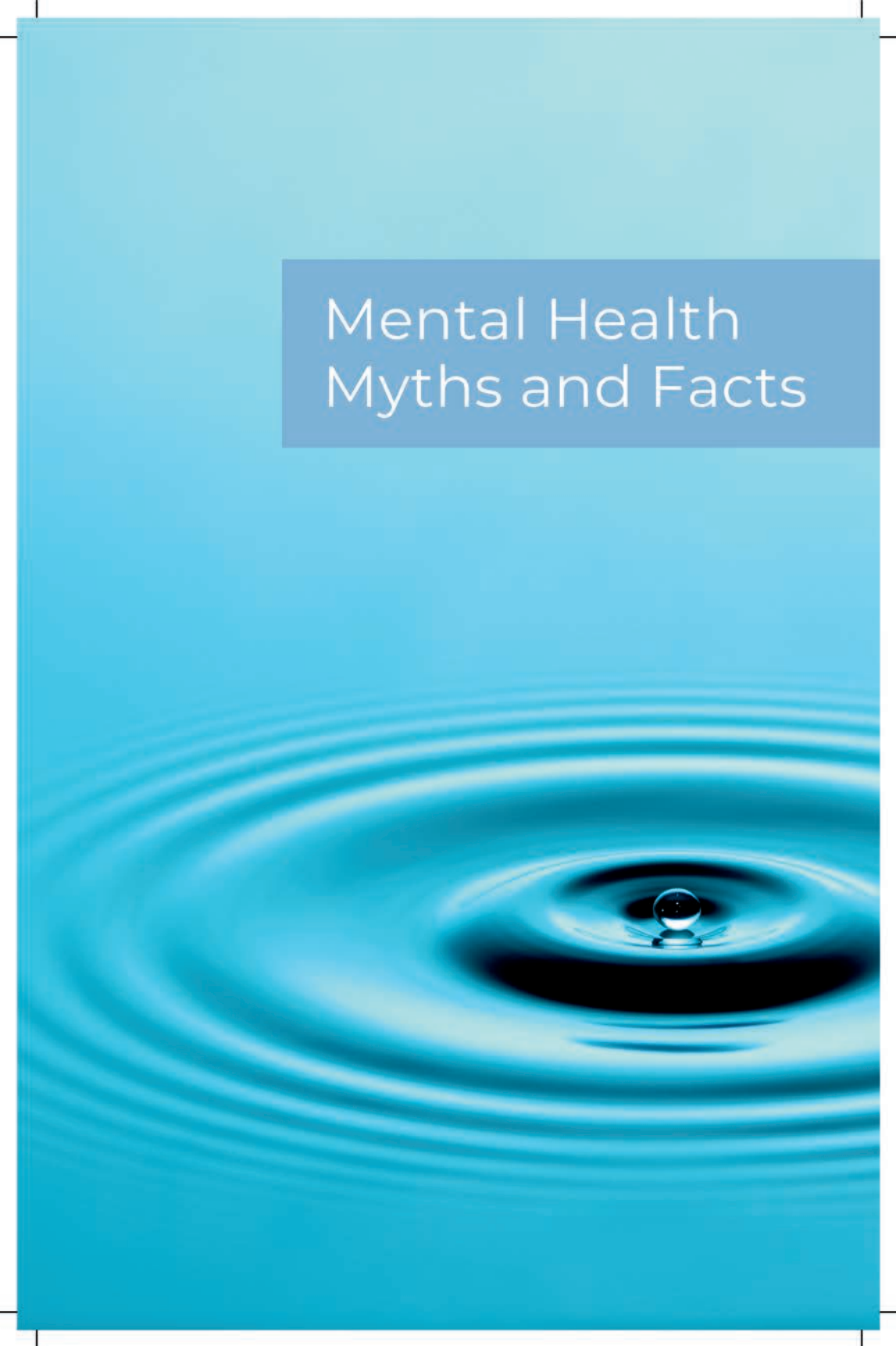
This resource guide was designed to help you better understand mental illness and provide guidelines on how you can help yourself or a loved one live and thrive with their diagnosis.

“The part can never be well unless the whole is well” - Plato



H O L I S T I C

Mental Health Myths and Facts



Myth #1:

Mental health issues are a sign of weakness.

Fact: Mental health struggles are not about weakness or character flaws. They are complex and can be influenced by genetics, environment, and other factors.



Mental health problems are rare. Children and teens don't experience mental health struggles.

Myth #2:

Fact: Mental health struggles are common. About 1 in 4 adults will experience a mental health disorder in their lifetime. Mental health challenges can affect people of all ages, including children and teenagers. Early intervention and support are crucial.

Myth #3:

Talking about mental health makes things worse.

Fact: Having open conversations about mental health can reduce stigma and provide valuable support and understanding, both for individuals and communities.



I've managed my emotions alone before, I don't need help now.

Myth #4:

Fact: Seeking professional help is a sign of strength, not weakness. It can provide valuable tools and strategies for coping with mental health challenges.

Myth #5:

People with mental health conditions are violent or dangerous.

Fact: The vast majority of individuals with mental health conditions are not violent. In fact, they are more likely to be victims of violence than perpetrators.



There is no hope or recovery for someone with a mental illness.

Myth #6:

Fact: Mental health conditions are treatable, and many people can recover or manage their symptoms effectively. With proper care and support, individuals can live happy and fulfilling lives.

Myth #7:

Seeking help means I will have to take medication.

Fact: Treatment for mental health is individualized and may not always involve medication. Other options like therapy, life style changes, and support groups can be effective.



Therapy is only for people with serious mental illness.

Myth #8:

Fact: Therapy can be beneficial for anyone, regardless of the severity of their mental health concerns. It can help with stress, relationship issues, life changes, and personal growth.

Myth #9:

I can't do anything for someone with mental health issues.

Fact: Friends and loved ones can make a big difference in a person's mental health journey and encourage them to get the treatment and services they need.



If I seek help, other people will think I'm "crazy".

Myth #10:

Fact: Treatment for mental health should not be delayed until symptoms worsen. Early treatment can lead to better outcomes. Don't let other people's opinions prevent you from taking care of your mental health.

Warning Signs of Mental Health Issues



Experiencing one or more of the following could be a warning sign for mental health struggles.

- **Mood Changes:** unusual or sudden mood swings, persistent sadness or irritability, or a loss of interest in activities previously enjoyed.
- **Behavioral Changes:** Changes in eating or sleeping habits, significant isolation from social activities, difficulty concentrating, or neglecting personal duties or hygiene.
- **Thinking Changes:** Confused thinking, difficulty making decisions, unusual beliefs or paranoia, or hallucinations.
- **Emotional Changes:** Excessive anxiety or worry, feelings of guilt or worthlessness, or intense anger or rage.
- **Physical Complaints:** Unexplained aches, pains, or other physical symptoms that do not have a clear physical cause.
- **Substance Use:** Increased use of alcohol or other substances to cope with stress or emotions.
- **Suicidal Thoughts:** Thoughts of self-harm or suicide.
- **Social Withdrawal:** Decreased interaction with family and friends, and a loss of interest in previously enjoyed activities.
- **Difficulty Coping:** Inability to cope with daily problems or stress, or a general sense of being overwhelmed.

Not sure if you or someone you know is struggling with mental health issues? It may be helpful to talk to a mental health professional. Please contact our behavioral health language lines. Our bilingual therapists are available to help Monday through Friday from 8:30 am to 5:00 pm.

English 503-772-5893
Mandarin 503-772-5894
Cantonese 503-772-5895
Korean 503-772-5896
Vietnamese 503-772-5897

Warning Signs of Suicidal Behaviors

Talking about:

- “Better off dead” or not wanting to wake up
- Great guilt or shame
- Being a burden to others

Feeling:

- Empty, hopeless, trapped, or having no reason to live
- Extremely sad, more anxious, agitated, or full of rage
- Unbearable emotional or physical pain

Changing behavior, such as:

- Making a plan or researching ways to die
- Withdrawing from friends, saying goodbye, giving away important items, or making a will
- Taking dangerous risks such as driving recklessly
- Displaying extreme mood swings
- Eating or sleeping more or less
- Using drugs or alcohol more often

How to Get Help

If you think someone is in immediate danger, do not leave them alone—stay there and call 911. If you or someone you know needs help, call a trained crisis counselor. Below are lines open 24 hours a day, 7 days a week.

1. Tri-County Crisis Line

Multnomah County Crisis Line: 503-988-4888 or
1-800-716-9769

Washington County Crisis Line: 503-291-9111

Clackamas County Crisis Line: 503-655-8585

2. 988 Lifeline

988

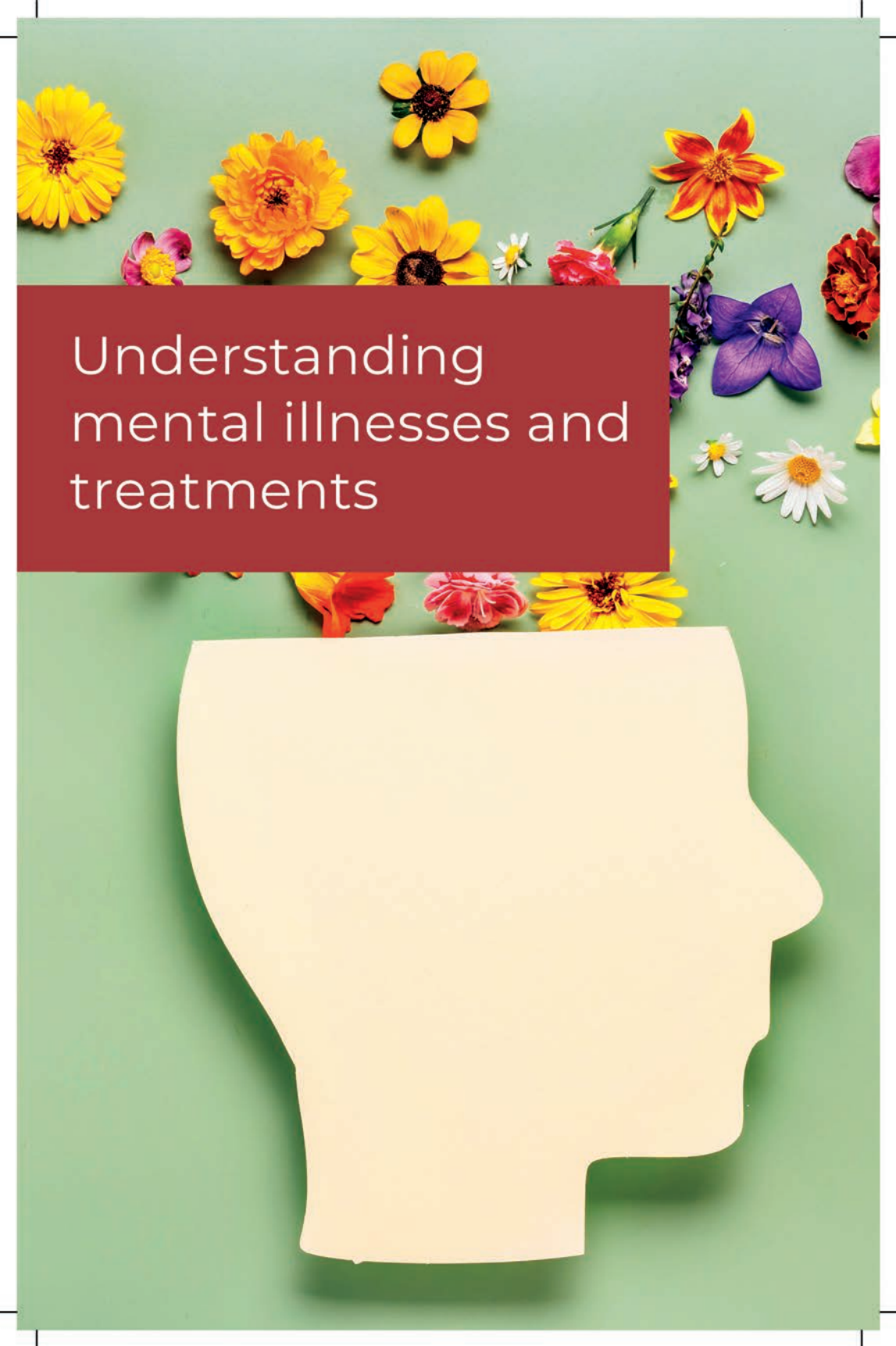
3. National Suicide Prevention Lifeline:

1-800-273-TALK (8255)
text HOME to 741741

4. Oregon Youth Line

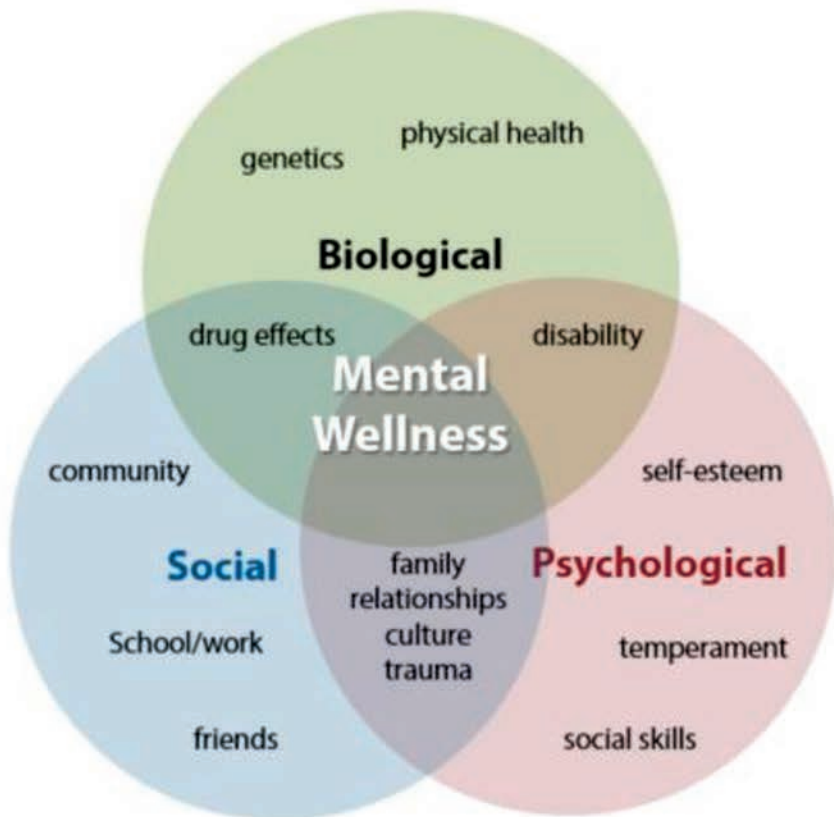
1877-YOUTH (96884)-911
teen2teen to 839863

Chat: Using the icon on oregonyouline.org webpage



Understanding mental illnesses and treatments

Mental illness is not caused by a single factor, but rather a complex interplay of genetic, biological, psychological, and environmental factors. These factors can interact in different ways for different individuals, making it difficult to pinpoint a single cause.



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Common Types of Mental Health Conditions

Mental health condition is a term which broadly includes all aspects that affect a person's mental and emotional status. They are as common as physical health conditions. *Some of the common types treated at AHSC's Mental Health Clinic are*

Mood Disorders

Mood disorders include: depressive disorders, bipolar disorders, cyclothymic disorder, dysthymic disorder; these may or may not be due to medical conditions or substance use.

The most common and debilitating

category is the depressive

disorders. Depression

may be described as

feeling sad, blue,

unhappy, or

miserable. Many

people feel this

way at one time

or another. However,

true clinical depression

(major depressive disorder) is

defined as single or recurrent episodes of unipolar

depression (without mood swings) that leads to significant

changes in an individual's normal functioning (social, occupa-

tional, self-care) accompanied by at least five of the follow-

ing symptoms almost every day for minimum of 2 weeks:

depressed mood, difficulty sleeping or excessive sleeping,

indecisiveness, decreased ability to concentrate, suicidal



ideation, increase or decrease in motor activity, inability to feel pleasure, increase or decrease in weight of more than 5% of total body weight over 1 month.

“One small crack does not mean you are broken, it means that you were put to the test and you didn’t fall apart.” -Linda Poindexter

Anxiety Disorders

Anxiety disorders include: panic disorders, agoraphobia, simple phobias, obsessive compulsive disorder, PTSD, acute stress disorder, and general anxiety disorder; these may or may not be due to medical conditions or substance use.

Anxiety is generally a response to stress. Heightened levels of anxiety can result in behavior changes. Anxiety tends to be persistent and is often disabling. Anxiety levels can be mild (restlessness, irritability), moderate (agitation, muscle tightness), severe (inability to function, ritualistic behavior), or panicked (distorted perception, loss of rational thought, immobility). Some anxiety disorders have been known to result from a traumatic experience or stressful event.

Adjustment Disorders

Adjustment disorders are common in new immigrants in the United States. A person with this disorder often has emotional or behavioral symptoms (e.g. depressed mood, anxiety, disturbance of conduct) within 3 months after the adjustment. The symptoms are often characterized by marked distress and significant impairment in social, occupational, or academic functioning.

Types of Treatments for Mental Health Conditions

Only a small percentage of mental health patients require in-patient treatment. Most patients can be treated at out-patient clinics. Besides doctors and nurses, there are many other health care providers such as social workers, vocational trainers, psychologists, and counselors who have important roles in a patient's recovery. There are various types of treatments that can help you make social and personal adjustments:

Medication

Medicine can help stabilize a person's mental status. Medication is only required for certain conditions. People taking medication must follow their doctor's instructions precisely in order to control symptoms, prevent relapse, and keep their condition from getting worse.



Vocational Training

Trainers can help patients arrange work related training and activities. They can help reduce emotional disturbances, increase motivation and raise self-confidence in the workplace.



Mental Health Counseling

Counselors can help patients and family members better understand the illness, provide recommendations to change inappropriate behaviors, and guide them in changing and improving their interpersonal relationships.



Community service

Through counseling with a social worker, half-way house, vocational rehab training, or community center, patients can learn skills, recovery, and how to live independently.



Skills Training

This includes personal and group skills training. Counselors or case managers teach daily living skills, stress management skills, and interpersonal skills to empower their clients in daily life.



Group Skills Training

This can include skills training or processing in a group setting. This allows the person to realize that they are not alone in their recovery, and allows them to learn social skills in a safe and structured environment.



"Early diagnosis is so important because the earlier a mental illness can be detected, diagnosed and treatment can begin, the better off that person can be for the rest of his or her life." -Rosalynn Carter

Not sure if you or someone you know is struggling with mental health issues? It may be helpful to talk to a mental health professional. Please contact our behavioral health language lines. Our bilingual therapists are available to help Monday through Friday from 8:30 am to 5:00 pm.

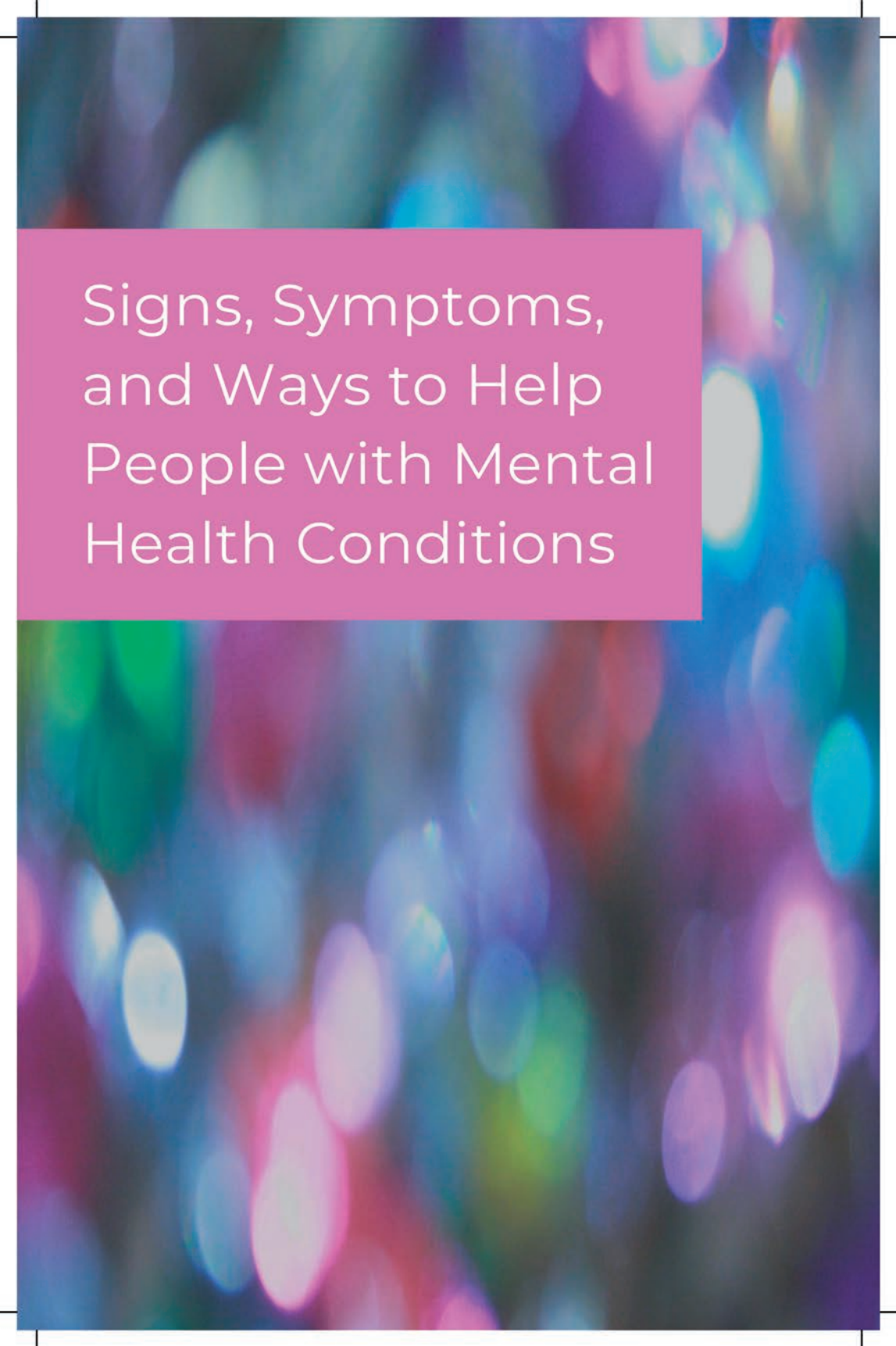
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The background of the entire image is a bokeh effect with out-of-focus light spots in shades of blue, green, and pink. A solid pink rectangular box is positioned in the upper-left quadrant, containing the title text in white.

Signs, Symptoms, and Ways to Help People with Mental Health Conditions

General Guidelines to Taking Care of Individuals With Mental Illness

- Be kind and nice, don't pass judgment on them.
- Accept the fact that it's their illness that makes them ill.
- Understand that sometimes their emotions are not stable.
- Do not argue, TRY to listen and understand their problems as they experience them.
- If they are delusional, don't argue over the delusions.
- Encourage them to consult with a mental health professional for treatment.
- If they are on medication, encourage or help them to take their medication on time.
- If appropriate, encourage them to join social groups.
- When they want to be left alone, allow it, but at the same time watch out for suicidal or homicidal thoughts or plans.
- Try your best to work with your loved ones.



Depression

Common signs and symptoms:

- Depressed mood most of the day, nearly every day
- Markedly diminished interest or pleasure in all or almost all activities most of the day nearly every day
- Significant weight loss or weight gain
- Sleeping too little or too much, different than usual
- Fatigue or loss of energy
- Feelings of worthlessness or excessive/inappropriate guilt
- Diminished ability to think or concentrate
- Recurrent thoughts of death or suicidal ideation
- Isolating self from others
- Becoming aggressive towards others or themselves

How you can help:

- Do not neglect their claims to harm or kill themselves
- Pay close attention when you listen to them
- Acknowledge their message, even if you don't agree with it
- Respect them and let them finish talking
- Do not give advice unless you are asked
- If appropriate, encourage them to do relaxing activities
- When they want to be alone, allow it, but at the same time watch out for suicidal ideation or plans
- If they are on medication, encourage or help them take their medication on time
- If symptoms persist, encourage them to see a professional

Not sure if you or or a loved one is experiencing depression? Call: 503-872-8822 and ask to speak with a Mental Health counselor.
Our office hours: Monday-Friday, 9:00 A.M. to 5:00 P.M.

Geriatric Depression

Common signs and symptoms:

- Sadness
- Fatigue
- Abandoning or losing interest in hobbies or other pleasurable pastimes
- Social withdrawal and isolation (reluctance to be with friends, engage in activities, or leave home)
- Weight loss or loss of appetite
- Sleep disturbances (difficulty falling asleep or staying asleep, oversleeping, or daytime sleepiness)
- Loss of self-worth (worries about being a burden, feelings of worthlessness, self-loathing)
- Increased use of alcohol or other drugs
- Fixation on death; suicidal thoughts or attempts

How you can help:

- Invite your loved one out
- Schedule regular social activities
- Plan and prepare healthy meals
- Encourage the person to follow through with treatment
- Make sure all medications are taken as instructed
- Watch for signs of suicide

Seek immediate professional help if you suspect that your loved one is thinking about suicide. Find crisis line numbers on page 9 or Call:

503-872-8822 and ask to speak with a Mental Health counselor. Our office hours: Monday-Friday, 9:00 A.M. to 5:00 P.M.



Geriatric Depression Scale (GDS)

This scale was developed as a basic screening measure for depression in older adults. Choose the best answer for how you have felt over the past week:

- | | |
|-----------------|--|
| YES / NO | Are you basically satisfied with your life? |
| YES / NO | Have you dropped many of your activities and interests? |
| YES / NO | Do you feel that your life is empty? |
| YES / NO | Do you often get bored? |
| YES / NO | Are you in good spirits most of the time? |
| YES / NO | Are you afraid that something bad is going to happen to you? |
| YES / NO | Do you feel happy most of the time? |
| YES / NO | Do you often feel helpless? |
| YES / NO | Do you prefer to stay at home, rather than going out and doing new things? |
| YES / NO | Do you feel you have more problems with memory than most? |
| YES / NO | Do you think it is wonderful to be alive now? |
| YES / NO | Do you feel pretty worthless the way you are now? |
| YES / NO | Do you feel full of energy? |
| YES / NO | Do you feel that your situation is hopeless? |
| YES / NO | Do you think that most people are better off than you are? |

Answers in **bold** indicate depression. Although differing sensitivities and specificities have been obtained across studies, for clinical purposes a score over 5 points is suggestive of depression and should warrant a follow-up interview. Scores over 10 are almost always depression.

Bipolar Disorder

Bipolar disorder can look very different from person to person. The symptoms vary widely in their pattern, severity, and frequency. Some people might be more prone to either mania or depression, while others alternate equally between the two types of episodes. Some have frequent mood disruptions, while others only experience several over a lifetime. There are four types of mood episodes in bipolar disorder: mania, hypomania, bipolar depression, and mixed episodes. Each mood episode has a separate set of criteria.

Common signs and symptoms of mania:

- Feeling unusually “high” and optimistic OR extremely irritable
- Having unrealistic, grandiose beliefs about one’s abilities or powers
- Sleeping very little, but feeling extremely energetic
- Talking so rapidly that others can’t keep up
- Racing thoughts; jumping quickly from one idea to the next
- Highly distractible, unable to concentrate
- Impaired judgment and impulsiveness
- Acting recklessly without thinking about the consequences
- Delusions and hallucinations (in severe cases)



Severe mania

Hypomania (mild to moderate mania)

Normal/balanced mood

Mild to moderate depression

Severe depression

<http://www.helpguide.org/articles/bipolar-disorder/helping-a-loved-one-with-bipolar-disorder.htm>
<http://www.helpguide.org/articles/bipolar-disorder/bipolar-disorder-signs-and-symptoms.htm#signs>

Common signs and symptoms of bipolar depression:

- Feeling hopeless, sad, or empty
- Irritability
- Inability to experience pleasure
- Fatigue or loss of energy
- Physical and mental sluggishness
- Appetite or weight changes
- Sleep problems
- Concentration and memory problems
- Feelings of worthlessness or guilt
- Thoughts of death or suicide

A mixed episode of bipolar disorder features symptoms of both mania or hypomania and depression.

Common signs of a mixed episode include:

- Depression combined with agitation, irritability, anxiety, insomnia, distractibility
- Racing thoughts
- This combination of high energy and low mood creates a high risk for suicide.

How you can help:

- Learn about bipolar disorder, about the symptoms and treatment options. The more you know about bipolar disorder, the better equipped you'll be to help your loved one and keep things in perspective.
- Encourage the person to get help. The sooner bipolar disorder is treated, the better the prognosis, so urge your loved one to seek professional help right away. Don't wait to see if the person will get better without treatment.

<http://www.helpguide.org/articles/bipolar-disorder/helping-a-loved-one-with-bipolar-disorder.htm>
<http://www.helpguide.org/articles/bipolar-disorder/bipolar-disorder-signs-and-symptoms.htm#signs>

- Be understanding. Let your friend or family member know that you're there if he or she needs a sympathetic ear, encouragement, or assistance with treatment. People with bipolar disorder are often reluctant to seek help because they don't want to feel like a burden to others, so remind the person that you care and that you'll do whatever you can to help.
- Be patient. Getting better takes time, even when a person is committed to treatment. Don't expect a quick recovery or a permanent cure. Be patient with the pace of recovery and prepare for setbacks and challenges. Managing bipolar disorder is a lifelong process.

The Different Faces of Bipolar Disorder

Bipolar I Disorder (mania or a mixed episode) – This is the classic manic-depressive form of the illness, characterized by at least one manic or mixed episode. Usually—but not always—Bipolar I Disorder also involves at least one episode of depression.

Bipolar II Disorder (hypomania and depression) – In Bipolar II disorder, the person doesn't experience full-blown manic episodes. Instead, the illness involves episodes of hypomania and severe depression.

Cyclothymia (hypomania and mild depression) –

Cyclothymia is a milder form of bipolar disorder that consists of cyclical mood swings. However, the symptoms are less severe than full-blown mania or depression.



<http://www.helpguide.org/articles/bipolar-disorder/>

Anxiety Disorder

A healthy dose of anxiety is good for your safety; it alerts your body to danger and keep you safe. However, it becomes a problem when someone is anxious when there is no real danger in place. There are many different sub-categories for Anxiety Disorder. Anxiety generally means a response to stress.

Overall, people with anxiety disorders:

- Recognize and are annoyed by their symptoms just as much as you are
- Have trouble sleeping, concentrating, or even relaxing
- Are often pre-occupied by their anxiety and sometimes unable to hear or comprehend their surroundings
- Have a lot of fears and anxieties regarding themselves and other people, or even regarding things they can't even identify
- Have physiological symptoms, such as breathing problems, muscle tension, or tiredness
- Can be mistrustful, even towards those who are trying to help
- Worry about their anxiety, making this a vicious cycle
- Can't control what makes them anxious or their anxiety
- Often feel they are alone in their situation, even when it's not true

How you can help:

- DO NOT JUDGE them for their behaviors
- Listen to them when they need to talk about their anxieties, even if it takes some time before they can express themselves
- Normalize their situation, help them feel that they are not alone in their situation
- Encourage them to join appropriate social activities and support groups
- Encourage them to seek professional help and take medicines as prescribed

Adjustment Disorder

Adjustment disorder is common among new immigrants. It can affect anyone, at any age, who faces life changes such as death of a loved one, divorce, family problems, general life changes, physical illness in yourself or a loved one, moving, traumatic events, even worries about money. An adjustment disorder could develop into other chronic mental health disorders if left untreated or unmanaged.

Common signs and symptoms:

- Acting nervous or tense
- Crying, feeling sad or hopeless, possibly withdrawing from other people
- Trembling or twitching, or physical complaints

How you could help:

- Help them adjust to their new environment or change
- Be there to listen to them if needed
- Provide practical resources that could help with the changes
- Normalize their difficulties adjusting
- Help them understand that it will pass
- Encourage them to seek practical and/or medical help if problems persist



Schizophrenia

Common negative symptoms:

- Social isolation
- Gradual detachment from others
- Reduction in thought process before the positive symptoms appear

Common positive symptoms:

- Hallucinations
- Delusions

Common signs and symptoms of Schizophrenia:

- Change in daily habit: appetite, sleep pattern, personal hygiene
- Unusual emotional expressions: laughing inappropriately, flat affect, lack of emotional expression, excessive emotional expression
- Change of behavior: withdrawn, social isolation, slow reactions, self talk, unusual gestures, angry outbursts, involuntary or repetitive movements, memory loss
- Change of personality
- Hallucinations: hearing or seeing things that are not there

How you can help:

- Help them understand that they have a disorder
- Keep in contact with their healthcare providers
- Maintain a daily routine at home
- Don't ask them too many questions; talk about unemotional events
- Bring them to places that are peaceful, not hectic or noisy
- Encourage them to take their medication if prescribed
- Observe all the warning signs and symptoms listed above
- Work together to manage this illness
- Create a support network for yourself of families and friends

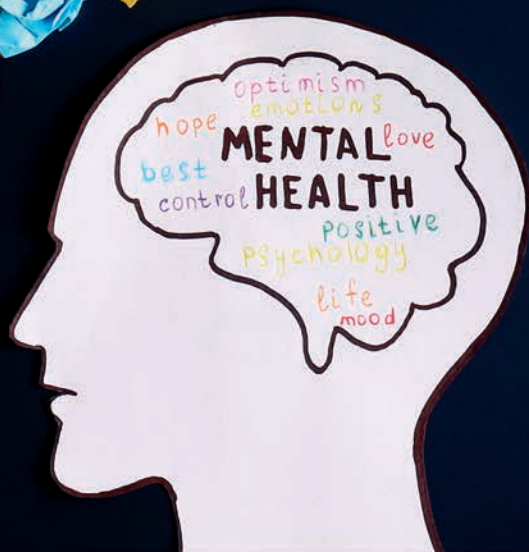
Dementia

Overall, people with dementia:

- Are normal people
- Need to feel valued and accepted
- May be concerned with how the disease will affect themselves and their families
- Need companionship and consistency
- Strive to maintain an active and independent life
- Sometimes have difficulty accepting their memory loss, especially if they had a good memory when they were younger
- Have the same needs as each and every one of us
- Have abilities, skills and aspirations

How you can help when visiting someone with dementia:

- Choose a time that is best for the person. Shorten your visit if they show signs of fatigue
- Communication is key. Use gestures as well as words. Pace the conversation, allowing time for them to respond
- Introduce yourself if they seem confused, identify yourself and why you are there
- Remember and laugh together. Recall humorous experiences you both shared. Take pleasure in each moment.
- Be prepared to listen. People with the disease may want to share their feelings. Remain open and sympathetic.
- Establish connection through a common interest. Continue your favorite activity together. Listen to music. Take a walk. Concentrate on the person's talents and abilities.
- Show that you care. We all communicate through emotion, expression, and touch. Holding their hand or smiling when talking can convey more than words.



Resources You
May Find Helpful

988 SUICIDE & CRISIS
LIFELINE

24-hour, toll-free, confidential support for people in distress. Prevention and crisis resources for you or your loved ones.

Call or text 988 anytime, day or night.

Website: www.988lifeline.org



SAMHSA
Substance Abuse and Mental Health
Services Administration

Agency dedicated to promote mental health, prevent substance abuse, and provide treatment and support for recovery.

Call: 1-800-662-4257 (HELP)

Website: www.samhsa.gov



National Alliance on Mental Illness

Nation's largest mental health organization
working to raise awareness, provide
support, and offer educational programs.

Call: 1-800-950-6264

Text: "helpline" to 62640

Website: www.nami.org

YouthLine

A SERVICE OF  lines&life

Free and confidential peer-to-peer support
and crisis line serving youth ages 10-24
across the United States.

Call: 1-877-968-8491

Text: "teen2teen" to 839863

Website: www.theyouthline.org



Q Center celebrates the 2SLGBTQIA+ community throughout the state of Oregon by fostering intersectional safety and joy.

Call: 503-234-7837 (Voicemail)

Website: www.pdxqcenter.org



24/7, free and confidential support services and education for survivors of domestic violence and sexual violence.

Call or text: 1-888-235-5333

Website: www.calltosafety.org

A hand holding a heart-shaped box filled with self-care items like a hairbrush, cotton balls, oranges, and flowers.

Tips to Practice Self-Care

Tip 1: Find your joy

Kick back and relax, and let's have some fun!

Studies have shown when we do things that we enjoy, they help our nervous system calm down, reduce our stress levels by slowing down the release of stress hormone cortisol, and as a result promote a sense of calm, and likely, making you feel happier and more balanced.

Here are some ideas:

- Soak in the bathtub
- Go to the beauty salon
- Go to the movies in the middle of the week
- Listen to music
- Pick up a hobby (birdwatching, gardening, etc.)
- Spend time with friends
- Practice tai-chi or yoga
- Go outside in nature or go hiking



Tip 2: Get enough regular and restful sleep

Having good sleep hygiene can help improve your quality of sleep. How well you sleep affects your psychological immune system and many symptoms of mental health problems.

Here are some tips on keeping good sleep hygiene:

- Keep a regular sleep schedule
- Manage your light exposure
- Create a relaxing bedtime
- Use a relaxation technique
- Manage your insomnia
- Eat right and get exercise



Tip 3: Eat well

There's a reason people say, "You are what you eat." You've got to eat well to function well!

What you eat affects your mental well-being, and your mental health status, in turn, influences what and how you eat. According to the American Society for Nutrition, diets such as the Mediterranean Diet, consisting of more fruits, vegetables, fish, whole grains, and healthy fats (poly and monounsaturated fats found in olive oil, nuts, and seeds), have been shown to improve not only physical health but also overall mood.

Mediterranean Diet Pyramid



Tip 4: Stay Active

Get up! Get moving!

Exercise is the best thing you can do for your health. Not only does it boost our physical immune system, improve our sleep, and prevent chronic diseases, but it also improves our mood.

Here are some exercise essentials:



Ready, set, go slow.

You should gently warm up your body before doing more vigorous activities. Starting slowly gives your muscles and joints a chance to loosen up, which can help prevent injuries.



Keep going.

Try to exercise regularly, even when you don't want to at first. As you build up your routine, it will get easier. But listen to your body and don't over do it.



Cool off and stretch.

After each work out, don't forget to cool off and do some stretches to help your muscles recover.

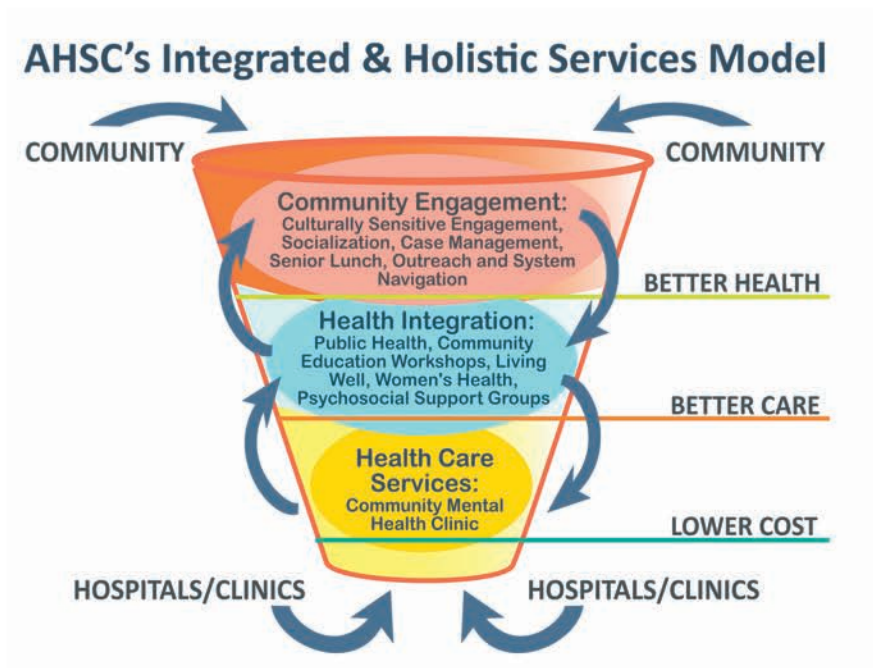


Stay hydrated.

After each work out, don't forget re-hydrate so your body and recover and stay active for another day.

AHSC: Integrated & Holistic Services Model of Care

Asian Health and Service Center (AHSC) is a non-profit, 501(c)(3) that has been dedicated to serving the Portland metropolitan area since 1983. For over 40 years, AHSC has provided services to meet the comprehensive needs of the region's Asian communities. AHSC has grown and adapted to meet the needs of the growing Asian populations. The *mission* of AHSC is to be the bridge between Asian and American culture and build a harmonious community. The *vision* is to reduce health inequity and improve healthcare quality for all Asians. With our *multilingual, culturally specific approach*, AHSC helps Asian immigrants adjusting to a new culture, accessing health services, participating in social activities, and connecting to their cultural heritage through an *Integrated & Holistic Services Model*.



AHSC's Integrated & Holistic Services Model - 4Es

Components of this model embody four key values :
Engage, Encourage, Enable and Empower.

AHSC's Integrated & Holistic Services Model that combines community engagement of individuals with health and behavioral health services and “wraparound” support systems. This model was refined using research data from AHSC's own 2006 community-based participatory research project in collaboration with Portland State University.

AHSC's Integrated & Holistic Services Model uses culturally specific programming to engage clients in a culturally and linguistically sensitive environment **BEFORE** they need immediate health services and social supports. Our engagement activities draw people to AHSC and establish significant trust within communities. Once trust is established, AHSC introduces health information and services.

The model uses the **4 Es** – **Engages** clients in a culturally and linguistically specific manner, **Empowers** them to manage their own health with knowledge, resources, education, and early intervention, **Enables** client's access to healthcare resources, and **Encourages** members of the community to seek treatment and learn prevention strategies.

Our model has shown that culturally and linguistically specific engagement that improves social connectedness and emotional wellness, improves identification of and connection to needed health, social health, and behavioral health resources; and can prevent crises and urgent behavioral health issues. AHSC knows from years from years of experience that engaging community members through group experiences is a great entry point into our array of services, and builds the trust for individual support when, and if, it is needed.

What We Do at AHSC

Community Engagement:

AHSC offers a continuum of social and support services in a culturally sensitive setting by reaching out to Asian immigrants, connecting them with the arts and culture of their homeland, providing opportunities for socializing, and fostering a sense of community. Our culturally relevant and linguistically appropriate community outreach includes our popular Ethnic Outreach & Meal Service Program for seniors and our Information Assistance Program.

Public Health & Wellness:

AHSC provides culturally and linguistically appropriate public health and social services to help community members maintain their health. The integrated care includes providing individual case management and group activities, such as health and wellness education workshops, support groups, health screenings and access to health care making appointments with primary care providers and making proper referrals.

Behavioral Health Services:

AHSC provides state-certified outpatient mental health services and problem gambling support for individuals living in the Tri-county areas. Our clinicians are especially aware of the challenges Asian communities face when accessing Behavioral Health services, from language barriers to cultural misconceptions about mental health. AHSC's mental health team provides culturally sensitive and language-specific therapeutic services in Cantonese, Mandarin, Korean, Vietnamese, and English.

AHSC Behavioral Health

The Asian Health & Service Center's Behavioral Health Program is an OHA-approved Culturally and Linguistically Specific Service (CLSS), specializing in providing comprehensive and holistic Mental Health Services and Problem Gambling support for the Asian Communities residing within the Tri-Counties area.

Our culturally competent and linguistically matched clinical services are provided by qualified mental health professionals from diverse cultural backgrounds, speaking Cantonese, Mandarin, Korean, Vietnamese, and English. Our clinicians honor members' intersectionality of identities to provide trauma-informed and person-centered care, to help members achieve their goals and vision for the future.

Our Services

At our Portland and Beaverton locations, we offer:

- Comprehensive assessments performed by Master level clinicians, and psychiatric assessments conducted by one of our licensed medical providers
- Bilingual and bicultural individual therapy for anyone 16 years old or older
- Family therapy and couples therapy
- Individual and group skills training
- Case management
- Activities therapy
- Medications management
- Problem Gambling Support
- Emotional Support for Stress and Anxiety
- Early Engagement (brief counseling without enrolling)
- Generational Resource Connection (GRC) Program

Community Mental Health Education & Prevention Services

Psychoeducation & Mental Health Awareness:

- Offer culturally responsive psychoeducation to reduce stigma around mental health.
- Empower individuals and communities with knowledge to recognize and manage mental health challenges.
- Build community resilience through open dialogue and information of resources.

Wellness & Skill-Building Workshops:

- Host practical, skills-based workshops on topics such as:
 - Self-care and stress management
 - Parenting strategies that support emotional wellbeing
 - Communication and relationship skills
- Promote everyday practices that support mental health and emotional regulation.

Preventive Education & Early Intervention:

- Provide evidence-informed training on topics including:
 - Suicide prevention and early warning signs
 - Caregiver stress and burnout prevention
 - Recognizing mental health symptoms before they escalate
- Strengthen community capacity to intervene early and prevent crisis escalation.

Appendix I:

Join Our Weekly Activity Groups at AHSC!

The Asian Health & Service Center (AHSC) offers weekly activity groups designed for diverse Asian communities. Offered in Cantonese, Mandarin, Korean, and Vietnamese, these sessions feature fun and engaging activities, health education workshops, and a welcoming environment.

Each group begins with a 45-minute moderate exercise session, followed by enriching discussions, classes, or cultural celebrations.

Whether you join one group or several, it's a great way to stay active, connect with others, and enjoy a supportive community.

Visit www.ahscpx.org for the latest group schedules and updates!



Appendix II:

Word Search

L	J	H	O	Q	C	F	M	A	N	A	G	E	T	L	N	O	N
Z	R	E	E	Y	H	E	B	E	T	T	E	R	M	X	B	T	F
G	E	A	G	C	R	E	A	T	I	V	E	D	H	Y	D	A	U
M	L	L	P	S	Y	C	H	O	L	O	G	I	C	A	L	L	N
E	A	T	E	I	M	M	U	N	E	S	C	E	A	T	Y	O	N
N	X	H	S	T	R	E	S	S	U	X	S	W	D	S	B	J	H
T	I	B	C	O	N	N	E	C	T	E	D	Y	F	S	I	K	R
A	N	M	K	D	M	J	O	S	B	Y	M	N	S	H	O	A	F
L	G	K	W	G	Y	D	V	T	H	O	L	I	S	T	I	C	N
X	S	E	R	V	I	C	E	J	N	Q	W	P	B	L	E	P	I
W	E	L	L	V	R	E	G	U	L	A	R	R	C	I	G	M	I
C	E	N	T	E	R	O	T	U	B	T	Y	S	L	E	E	P	X

Find the following words in the puzzle.
Words are hidden → ↓ and ↘.

ASIAN
BETTER
CENTER
CONNECTED
CREATIVE
EAT
FUN

HEALTH
HOLISTIC
IMMUNE
MANAGE
MENTAL
PSYCHOLOGICAL
REGULAR

RELAXING
SERVICE
SLEEP
STRESS
SYSTEM
WELL

Answer Key to Word Search

Word Search

.	.	H	.	.	.	.	M	A	N	A	G	E	.	.	.	.	.
.	R	E	.	.	.	.	B	E	T	T	E	R	.	.	.	.	F
.	E	A	.	C	R	E	A	T	I	V	E	.	.	.	.	.	U
M	L	L	P	S	Y	C	H	O	L	O	G	I	C	A	L	.	N
E	A	T	.	I	M	M	U	N	E	.	.	E	A	T	.	.	.
N	X	H	S	T	R	E	S	S	.	.	S	.	.	S	.	.	.
T	I	.	C	O	N	N	E	C	T	E	D	Y	.	.	I	.	.
A	N	.	.	.	.	.	.	.	.	.	.	S	.	.	A	.	.
L	G	.	.	.	.	.	.	H	O	L	I	S	T	I	C	N	.
.	S	E	R	V	I	C	E	.	.	.	.	.	.	.	E	.	.
W	E	L	L	.	R	E	G	U	L	A	R	.	.	.	.	M	.
C	E	N	T	E	R	.	.	.	.	.	.	S	L	E	E	P	.

Word directions and start points are formatted: (Direction, X, Y)

ASIAN (SE,14,5)

BETTER (E,8,2)

CENTER (E,1,12)

CONNECTED (E,4,7)

CREATIVE (E,5,3)

EAT (E,13,5)

FUN (S,18,2)

HEALTH (S,3,1)

HOLISTIC (E,10,9)

IMMUNE (E,5,5)

MANAGE (E,8,1)

MENTAL (S,1,4)

PSYCHOLOGICAL (E,4,4)

REGULAR (E,6,11)

RELAXING (S,2,2)

SERVICE (E,2,10)

SLEEP (E,13,12)

STRESS (E,4,6)

SYSTEM (SE,12,6)

WELL (E,1,11)

Notes:

Notes:

BEHAVIORAL HEALTH

Help is only a phone call away.



Are you or your loved one
facing life challenges?

您或您的所愛之人是否面臨心理
健康的挑戰?

您或您的所愛之人是否面臨心理
健康的挑戰?

당신이나 당신의 사랑하는
사람이 정신적인 어려움을
겪고 계신가요?

Quý vị hay người thương yêu
đang phải đối mặt với khó khăn
về tâm lý?



FOR SERVICE IN YOUR LANGUAGE

ENGLISH 503-772-5893 MANDARIN/普通話 503-772-5894

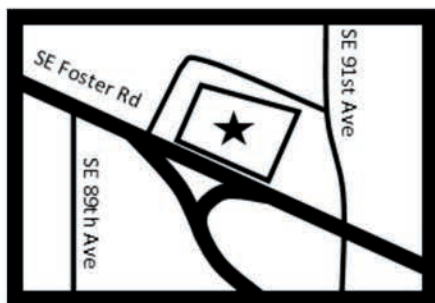
KOREAN/한국어 503-772-5896 CANTONESE/粵語 503-772-5895

VIETNAMESE/ Tiếng Việt 503-772-5897



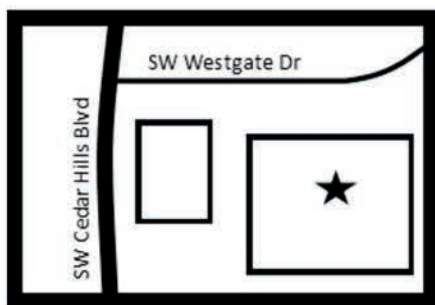
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