

# Limited Access of South and East Asian Immigrants to Mental Health Services

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## Introduction

- South and East Asian immigrants are two of the largest immigrant groups in Canada, who face heightened risks of mental health challenges yet encounter significant barriers in accessing services. <sup>1,2</sup>
- Immigrating to a new country is associated with occupational injustices such as occupational deprivation as immigrants experience social exclusion from mental health services, which ultimately impacts their mental health and quality of life. <sup>3,4</sup>
- Occupational therapists (OTs) are well-equipped to advocate and support immigrant groups in navigating the healthcare system by promoting occupational rights to equitable mental health services. <sup>5</sup>
- This research summarizes the factors that impact the deprived access and participation in Canadian mental health services of these two immigrant populations.

## Objectives

To explore the factors influencing South and East Asian immigrants' access to mental health services in Canada.

## Methods

- The scoping review was guided by Arksey and O'Malley's (2005) five-stage methodological framework. <sup>6</sup>
- MEDLINE, EMBASE, PsycINFO, and CINAHL databases were used to gather peer-reviewed articles on South and East Asian immigrants ages 18 and above facing barriers and/or facilitators in accessing mental health services in Canada.
- 18 studies were included after screening 278 papers. Data was analyzed through charting and thematic analysis.

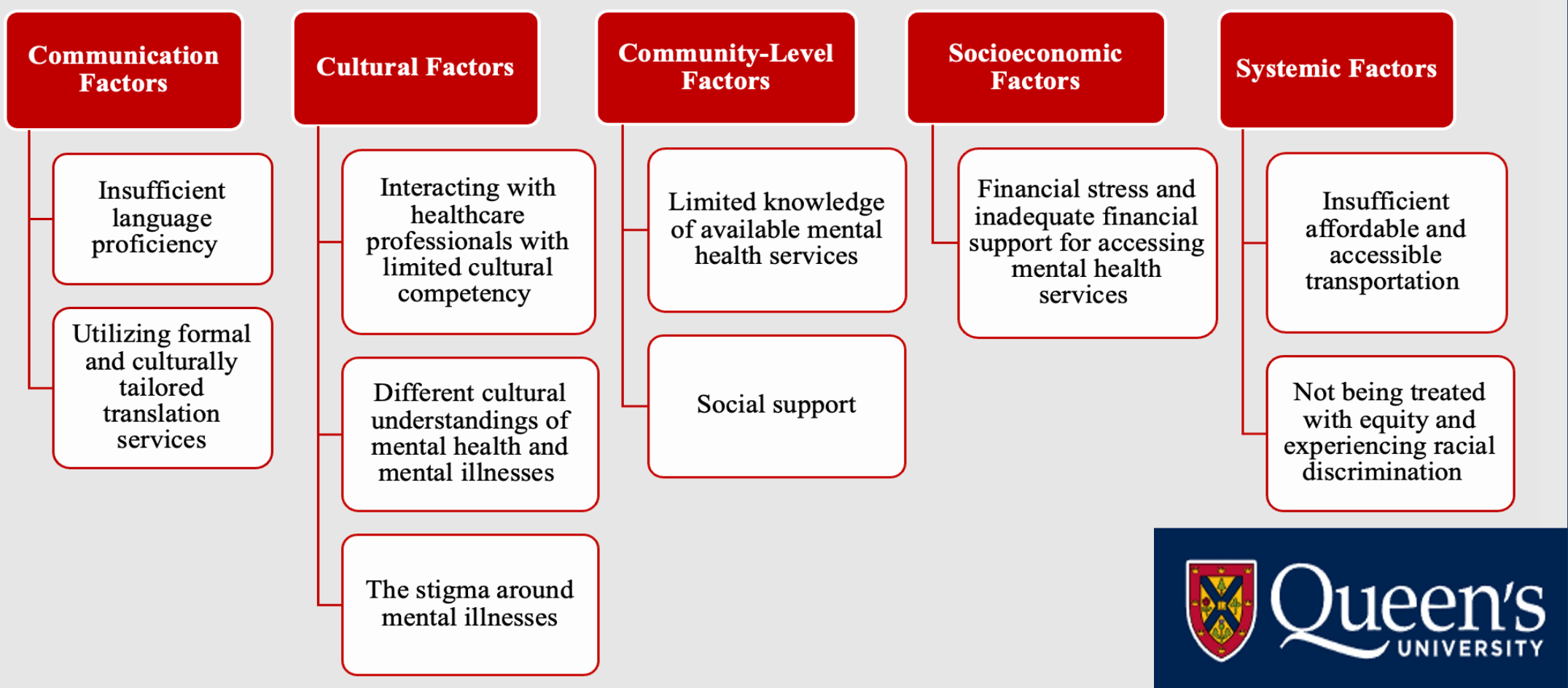


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## Results



Key themes identified from the scoping review

## Implications for Occupational Therapy

### Macro (systemic-level)

- Engaging with provincial stakeholders to navigate barriers to mental healthcare
- Advocating for policy level changes in mental healthcare service delivery

### Meso (organization-level)

- Co-designing community development initiatives with immigrant groups
- Creating educational mental health resources

### Micro (individual-level)

- Critical reflexivity
- Reflection
- Cultural humility
- Utilizing multilingual services

## Contact



## Conclusions

OTs can act as leaders in enacting change toward increasing accessibility of mental health services through addressing the interactions in culture, healthcare equity and justice.

## References

