

Identifying Barriers to Mental Health Within the Hmong Community in Fresno, California

Abstract

According to recent research conducted in Minnesota, a lack of understanding about mental health prevented individuals of the Hmong community from seeking mental health services (Xiong et al., 2018). The purpose of this study is to identify if the lack of understanding regarding mental health is the barrier to seeking services among individuals in a Hmong community in Fresno, California. Other studies have indicated that the Hmong community's religion and culture influence their desires to seek mental health (Xiong et al., 2018). Additionally, mental health may not be understood in this culture because there is no terminology in the Hmong language to describe it (Lor et al., 2016). Currently, mental health disorders are explained by physical descriptions or physical ailments. The target population of this study is descendants of the Hmong culture living in Fresno, California. Participants were a convenience sample of 30- 50 adult participants. Information from this study will help identify barriers to seeking mental health services within the Hmong community in Fresno, California. Once barriers are identified in this population, strategies can be implemented to increase access to care.