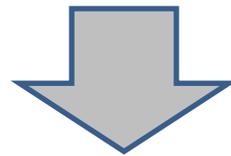


Just the facts, Please

Population of South Asians adults in Fraser Health \approx 200,000

Percentage of adults with lifetime mental health or substance use disorder \approx 1 in 3



SAs with MHSU disorder, lifetime \approx 65,000

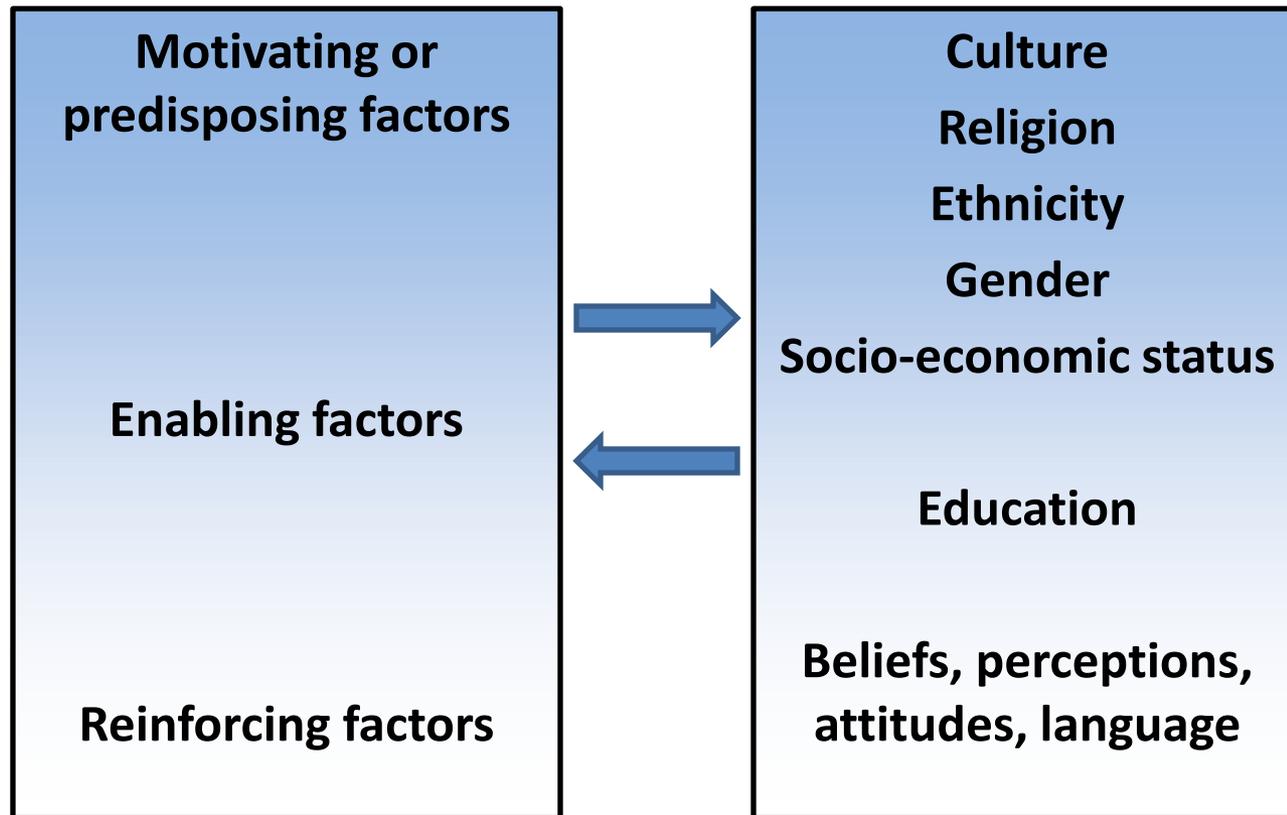
Unmet need in Canadian population \approx 20% - 50%

Unmet need in South Asians_Canada \approx ??

? 20% \approx 13,000

? 50% \approx 30,000₊

Basic psychology of behaviour change



So What...

- **South Asian are... different...unique**
- **Face more barriers**
- **Barriers driven by self-efficacy**
- **Self-efficacy critical for service access, use & maintaining meaningful relationships with care providers**