

Free Health Services

Every 2nd Saturday of the Month

Time: 10:00 AM - 1:30 PM

***Last patient accepted at 12:30 PM**

Offered Health Services

- Health Screening
- Blood Pressure Screening
- Medication Counseling
- Public and Behavioral Health Education
- Dental Consultation
- Seasonal Flu Shots (October and/or November)
- Care from UCSF Providers

Next Clinic Date:

Who We Are

About Us

The Mabuhay Health Center (MHC) is a volunteer-run organization that provides free health care resources to the people of San Francisco. Our main service is a free community health clinic that operates in San Francisco's South of Market (SoMa) district at the Bayanihan Community Center.

Contact Us

(415) 633-6421

info@mabuhayhealthcenter.org

www.mabuhayhealthcenter.org

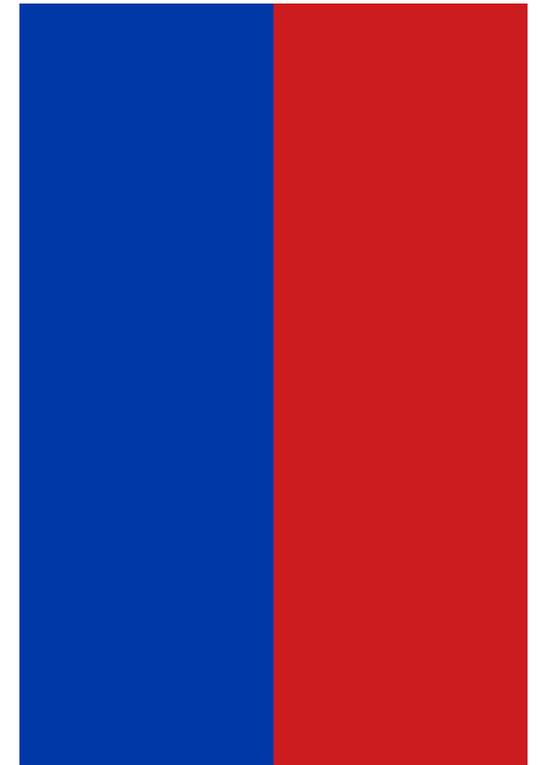


Mabuhay Health Center

1010 Mission Street

San Francisco, CA 94103

Last Revised: 10/07/2019



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**Depression
and Anxiety**



MHC Behavioral Health





Overview of Depression & Anxiety

Mental health does not discriminate based on gender, race, or identity. However, background or identity can impact how a person accesses mental health resources. [Major Depressive Disorder](#) and [Anxiety](#) are two common mental health illnesses that are prevalent in minorities such as Filipinos and Filipino-Americans.

You will see that both depression and anxiety share many of the same traits, so we encourage you to take a moment and carefully think through your symptoms.

Depression Symptoms

- A persistent sad, empty mood
- Feelings of guilt, hopelessness, or worthlessness
- Loss of interest in hobbies and activities
- *Decreased energy and fatigue*
- Appetite and/or weight changes
- *Difficult concentrating or remembering*
- *Difficulty sleeping or oversleeping*
- Suicidal thoughts

Anxiety Symptoms

- Worrying about everyday things
- Having trouble controlling worries or feelings or nervousness
- Worrying more than you should
- *Decreased energy and fatigue*
- Restlessness or trouble relaxing
- *Difficulty concentrating or remembering*
- *Difficulty sleeping or oversleeping*

Depression & Anxiety in Filipinos and Filipino-Americans

Filipinos & Filipino-Americans face different barriers getting resources or treatment for depression/anxiety than average Americans would.

- 22% of Filipinos have depression, and 45% of Filipinos have anxiety (Flores et al., 2018)
- Filipino-Americans have higher rates of depression than other Asian-Americans (Kim, 2015)
- Shame, loss of face, or “hiya” can add to the stigmatization of mental health (Tuliao, 2014)
- Filipino-Americans are less likely to reveal emotions to doctors/nurses they consider “ibang tao” (Tuliao, 2014)

Grounding Technique

To prevent the build-up of stress or anxiety, go through these steps. While this is a temporary solution, this will help to keep you calm and anchored to the present.

- 5 things you can **SEE**
- 4 things you can **TOUCH**
- 3 things you can **HEAR**
- 2 things you can **SMELL**
- 1 thing you can **TASTE**