THE ASIAN INDIAN CULTURE
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“NO CULTURE CAN LIVE IF IT ATTEMPTS TO BE EXCLUSIVE.”
MAHATMA GANDHI

• The Indian immigration population continues to steadily climb in the U.S. This population accounted for 3.34 million Americans (18%) in 2014. While the population in India was 1.252 billion in 2013.
• Family is one of the most important features of this culture.
• When working with a diverse client base, understanding the dynamics of the culture can influence the success or failure of obtaining client goals.

Family is so important to this culture that even without as many mental health facilities in India as the U.S., the rate of maintaining symptoms of bipolar disorder, schizophrenia, depression and other related disorders is much better than in the U.S., due to family support!