It is well documented that cultures differ in their views and attitudes towards mental health and the process of acculturation brings about respective changes to these culturally rooted attitudes. The theory of reasoned action posits that the intention to engage in an action is rooted in the attitudes held towards its expected outcomes. Thus, changes to mental health attitudes are likely accompanied by corresponding adjustments to help-seeking intentions and willingness. Given that all change – including cultural, attitudinal, and behavioral – occur over time, it is reasonable to expect the degree of change to vary throughout time. The purpose of this research is to investigate changes in the attitudes and willingness of post-adolescence Iranian immigrants towards seeking mental health help relative to the duration of their residence in the United States. Participants will complete a survey that is composed of five measures. Structural equation modeling will be used to examine the direct and indirect influences of time spent in the U.S. to predict the willingness to seek mental health help, as well as the mediating roles of acculturation level and self-reported mental health attitudes. Additionally, the study will evaluate the potential effect of acculturation strategies on bicultural competence, mental health attitudes, and willingness to seek help. The results of this study can offer public health administrators and mental health providers a proximate metric that helps them develop effective approaches to meet the mental health needs of immigrants within our communities.