The purpose of this research was to investigate changes in the attitudes and willingness of Iranian immigrants towards seeking mental health help relative to the duration of their residence in the United States. Total of 87 adult first-generation Iranian immigrants in the U.S. who immigrated after age 15 were surveyed on acculturation, self-perceived bicultural competence, mental health attitudes, and the willingness to seek professional help for mental health concerns. Regressions and path analyses were conducted to examine the data. Findings and implications are discussed.