

Table Talk

Sahana Sripadanna

BLACK LIVES MATTER
কালো জীবন মূল্যবান
흑인의 생명은 소중하다
SCHWARZE MENSCHENLEBEN ZÄHLEN
黑人的命也是命
BLACK LIVES MATTER
NEEG DUB TXOJSIA MUAJ NQIS
BLACK LIVES MATTER
黒人の命を尊重しろ
အမည်းလူမျိုးတို့၏ အသက်များသည် တန်ဖိုးရှိပါသည်
BLACK LIVES MATTER

Inspiration

In June 2020, movements like Letters for Black Lives sought to connect Asian American communities with the Black Lives Matter Movement through a series of translated letters.

Mental illnesses are among the most common health conditions in the United States.

52.9 million

Americans living with mental illness

>50%

Will be diagnosed at some point in their life

1/25

Living with serious mental illness

1/5

Will experience mental illness in a given year

How do we destigmatize mental health in Asian American families?

19 million

Asian American identifying people in the US

17.3%

Lifetime rate of any psychiatric disorder

3 times

Less likely to seek help than white Americans

8.6%

Actually sought out resources

**HOW DO YOU DEFINE FAMILY
BEYOND JUST BEING RELATED?
GET SPECIFIC.**

**WE'RE NOT REALLY STRANGERS
FAMILY EDITION**

We're Not Really Strangers

A conversation-based card game designed to foster connection through a series of prompt and activity cards.

Research

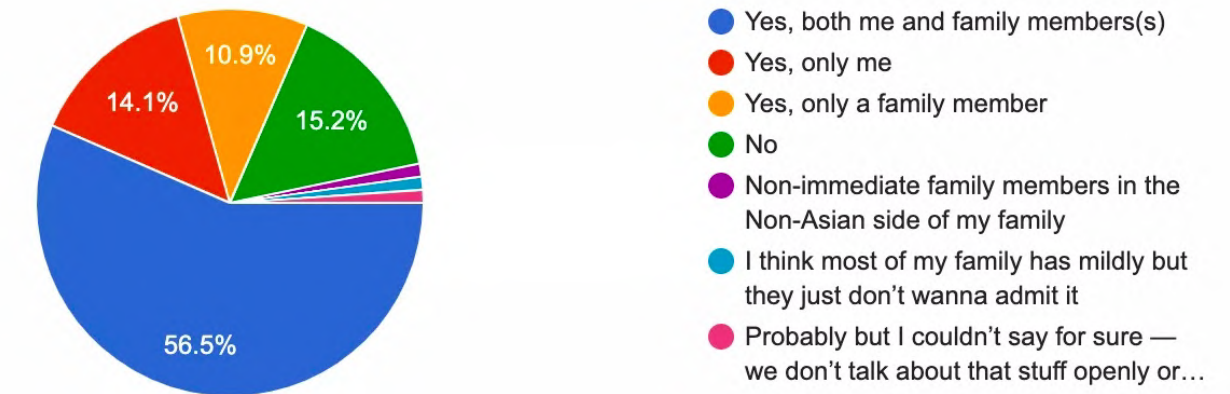
I sent out a survey to get a base level understanding, as well as ~25 interviews with Asian Americans ages 18 - 26.

These responses helped me ideate key user needs to start these discussions:

- General education about mental health
- Family history of mental health
- Their own mental health
- A family member or friend who is struggling
- Encouraging a family member to get help

Have you or someone in your family struggled with their mental health (in the past or present?)

92 responses



How often do you feel comfortable discussing your mental health or mental health more broadly with your family/parents?

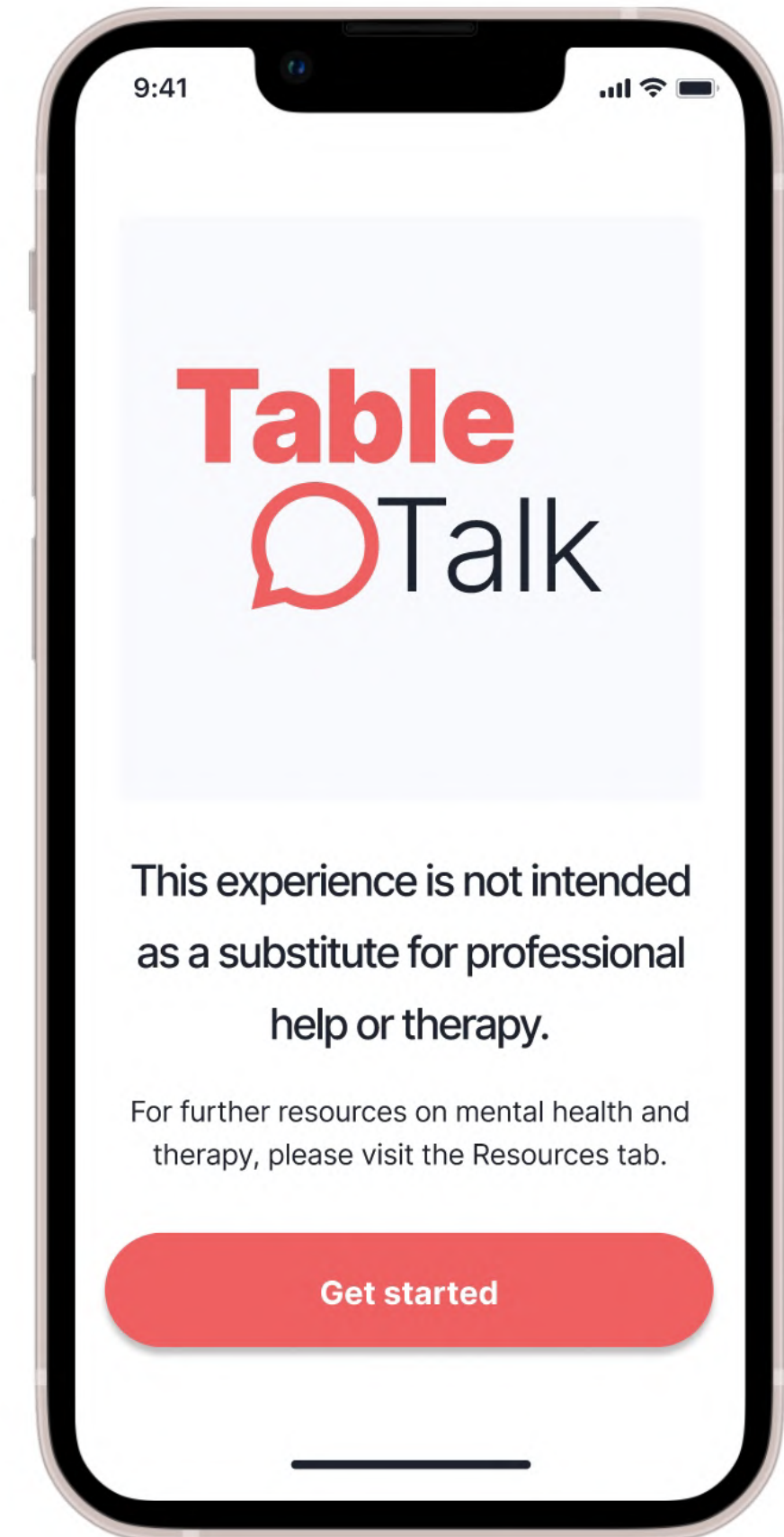
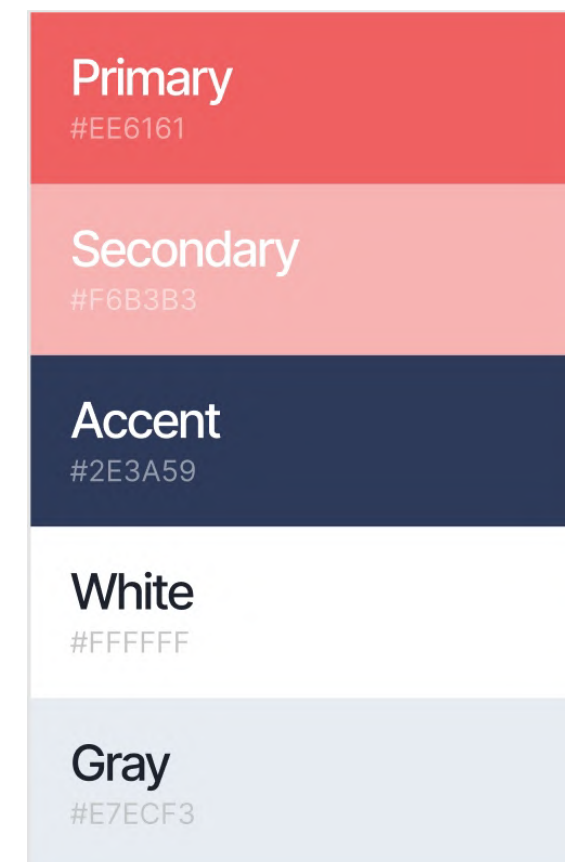
92 responses



Figma Prototype

Key verbs for navigation:

- discuss
- connect
- reflect
- learn



Next Steps

React Native Snap Carousel

UX Library

React Tab Navigator

Connect to Firebase

