



self. All back in order
to be happy anymore because sometimes I feel so useless with my mental struggles and so my purpose - my only purpose, was to work really hard despite it all. They work so hard to provide for the family and went through hardships themselves-- they just had different things to worry about. So, the only way I can communicate to them nonverbally is to respect their wishes and want to give them peace in mind. I want to provide for them like they did for me. The problem

is, that is also why I make sure of myself and always have school on my mind and have no life, c' know how makes fr: s, and ' the way I am. yeah, I can really relate to mille that gre from ir rant s' | active But, I consider myself lucky that I v big sisr kno what n ing han can turn to to vent about my probl . . has similar ri es a ia. ne ' th pressure too. Though, she has her , li nd is husy t own ilv ' l , so she can't hold my hand

it is that Asian-Americans are 3x less likely to seek mental health services than other Americans". "Only 8.6 percent of Asian-Americans sought any type of mental health services compared to nearly 18 percent of the general population nationwide", KoKo Nishi mentions in the article named "Mental Health Among Asian-Americans" from the American Psychological Association website. One of the reasons why these statistics exist in the first place is one: pressure from parents to succeed academically. Another one is discussing anything related to mental health would be avoided and brushed off, so they tend to neglect it even though it's even important. Instead of mental health issues, Asian families have the desire to succeed in adapting to the obstacles of racial bias. Then, there are different cultures that are obligated to follow. Sometimes, the "old world" culture still carries shame over any sign of madness can carry shame and try to get over it. Parents and older relatives expect these expectations that their children should respect the elders, so they're not allowed to get attention if the parents see that they are new to a country, discussing mental health isn't a priority since it's into immigration and struggling to make a good life. Mental health problems may be seen as signs of weakness; struggles are not a luxury afforded to them. Because our parents live a different world than we did, it is no wonder that we will run into issues with communicating with each other in the same language (like me). Even though people today are more open to talking about their mental health, that doesn't mean Asian Americans are seeking out help as often as they should. Even worse, it is hard to find therapists or counselors who are well-spoken or educated on Asian culture enough to understand their identities. Most Asians also take jobs like surgeons, doctors, dentists, so it's even harder to find those who speak or can translate to the parents what is going on with their children.

END THE STIGMA FOR MENTAL ILLNESS BABY BOOMERS

END THE STIGMA FOR ASIAN YOUTH BABY BOOMERS

DON'T END YOUR SENTENCE FOR YOUR PARENTS, ASIAN YOUTH!

BE YOUR OWN PSYCHOLOGIST; TAKE THE JOB, ASIAN YOUTH!

BREAK THE ASIAN STEREOTYPE; PAVE WAY FOR FUTURE GENERATIONS

YOU'RE A CONVERSATION WORTH TALKING ABOUT, ASIAN YOUTH

A HAPPY CHILD MAKES A HAPPY YOU, ASIAN FAMILIES

PUT MENTAL HEALTH IN YOUR VOCABULARY, ASIAN FAMILIES

VULNERABILITY IS NOT FAILURE, IT IS COURAGE

YOU ARE NOT YOUR CHILD; YOUR CHILD IS THEIR OWN STORY AND JOURNEY

SUCCESS STORY COMES FROM UNCONDITIONAL UNDERSTANDING

I'D LOVED IT IF WE ALL MADE IT

MODERNITY DOESN'T MAKE IT ANY EASIER FOR ASIAN YOUTH

IMMIGRATION COMES WITH HARDSHIPS; YOUR CHILD DEALS WITH NEW HARDSHIPS

SHOW KINDNESS TO YOUR BLOOD, ASIAN FAMILIES

YOU ARE NOT YOUR TIGER PARENT; BREAK THE MOLD ASIAN YOUTH

vulnerability is not failure,
it is courage.

i'd love it if we all made
modernity doesn't make **IT**
any easier for us

Don't end your sentence for your

You are not your tiger parent.
break the mold **parent**

Break the asian stereotype,

ASIAN

pave

way

for

future

generations.

Be your own

psychologist.

a conversation

worth talking

about

SIG



take the job.