Wellness Advocacy Voices Education Support

Youth Mental Health Collaborative

A Supportive and Engaging Community that Fosters Healthy and Holistic Development of Our Youths
Mission

- Raise awareness of cultural identity and mental health challenges young Asian Americans face due to familial, cultural and societal factors
- Develop community support and resources for youth mental health
- Promote cultural sensitivity to psychological well-being and responses
- Encourage civic engagement in public policies to address mental health issues
Who We Are

We are a coalition consisting of organizations and passionate individuals, including parents, community leaders, licensed health professionals, researchers, and advocates dedicated to advance youth mental health.
What We Do (Resources We Provide)

- Asian Parents American Children Educational Conferences/Webinars: 34 videos [here](#)
- Youth Peer Support Group: Sign up [here](#)
- Parent Peer Support Group: Video [here](#); WeChat blog [here](#)
- Mental Health First Aid (MHFA) Training: information [here](#)
- Robert Wood Johnson Foundation (RWJF) Clinical Scholar Leadership Development Programs
  - “Breaking Silence in Asian immigrant families” 2020-2023
  - Nursing Student Peer Mentoring program video [here](#) 2021
Visit our Website: https://ucausa.org/uca-waves/

Email Jennifer or Tim our coordinators: waves@ucausa.org

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