

Silent War

*Asian American Reckonings
with Mental Health*

Asian Americans endure some of the highest rates of mental distress, and yet, we're also among the least likely to seek help for it. UCA WAVES is proud to be a benefactor of *Silent War: Asian American Reckonings with Mental Health*, a full feature documentary profiling multiple members of our community stepping up to share their own battles with mental illness.

Their accounts highlight the unique challenges we face as Asian Americans and the unspoken toll it has taken on us. We need change, and that begins by telling our people's stories.

Watch the trailer now

<https://youtu.be/f03w5C4tz7A>



Donate Now!

silentwarmovie.com

OUR Mission

At WAVES, we aspire to...

- Raise awareness of the mental health challenges that 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

Thank you to our wonderful WAVES team members and partners for all you do!



WAVES

Wellness.

Advocacy.

Voices.

Education.

Support.

WAVES is a program of United Chinese Americans (UCA)

www.ucausa.org
[@uca.waves](https://twitter.com/uca.waves)



WAVES

Chinese & Asian American **youth are suffering** silently with mental illness and emotional stress. We are here to **stand together** and work towards Wellness, Advocacy, Voices, Education, and Support (WAVES).

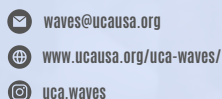
Our Vision is to create a supportive and engaging community that fosters healthy and holistic development of our youths.



Youth & Parent Ambassadors

Powerful advocates that are breaking silence, raising awareness, and supporting the Clinical Scholars team in their parent toolkit development.

WHO WE ARE



waves@ucausa.org

www.ucausa.org/uca-waves/

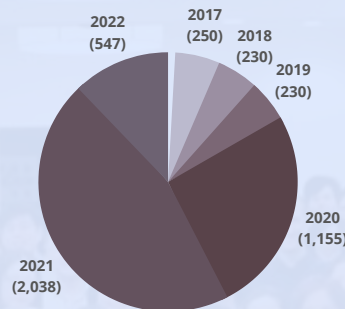
uca.waves

WHAT

Conferences & Webinars

Since 2016, we've had **22** in-person conferences and webinars, with over **2400** national and global participants! WAVES also held a mental health track with 6 sessions at the 2022 UCA Convention.

Number of Attendants by Year:



Mental Health First Aid Training

Since 2021, WAVES has hosted **10** MHFA trainings led by **8 certified** instructors, with **177** overall participants. Our research development team is evaluating MHFA advocacy and is cultural relevancy.

Media Library

Our media library includes **43** bilingual videos about Asian American Youth Mental Health, **2** short films/trailers, an online resource **library**, and a new bilingual **toolkit** on anti-Racism for Parents & Youth.

Wellness Articles

Since 2021, we've had **35 articles** on WeChat, with over **30,714 views**.

Why We Do It

According to the CDC, suicide is the first **leading cause of death** for Asian Americans aged 15-24. This is true for no other race in this age bracket in America. In conjunction with that, according to the American Psychological Association (APA)...

- Asian Americans are **3 times** less likely to seek mental health help than White Americans
- **1 in 2** Asian Americans suffering from mental illness forgo treatment due to language barriers
- As of 2002, only **2.3%** of doctoral level psychologists were Asian

Promoting the wellbeing of AAPI sits at the **heart** of everything we do, but we can't do it alone. **Join the fight** and make a contribution to our cause today!

Scan to donate →



WE DO