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

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!
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.

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:

<table>
<thead>
<tr>
<th>Year</th>
<th>Number</th>
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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