

Breaking Barriers

Creating Intergenerational Conversations
on South Asian Mental Health

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RUTGERS

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The Leadership Scholars Certificate Program is a two-year selective, interdisciplinary certificate program that prepares Rutgers undergraduate women to be informed, innovative, and socially responsible leaders.

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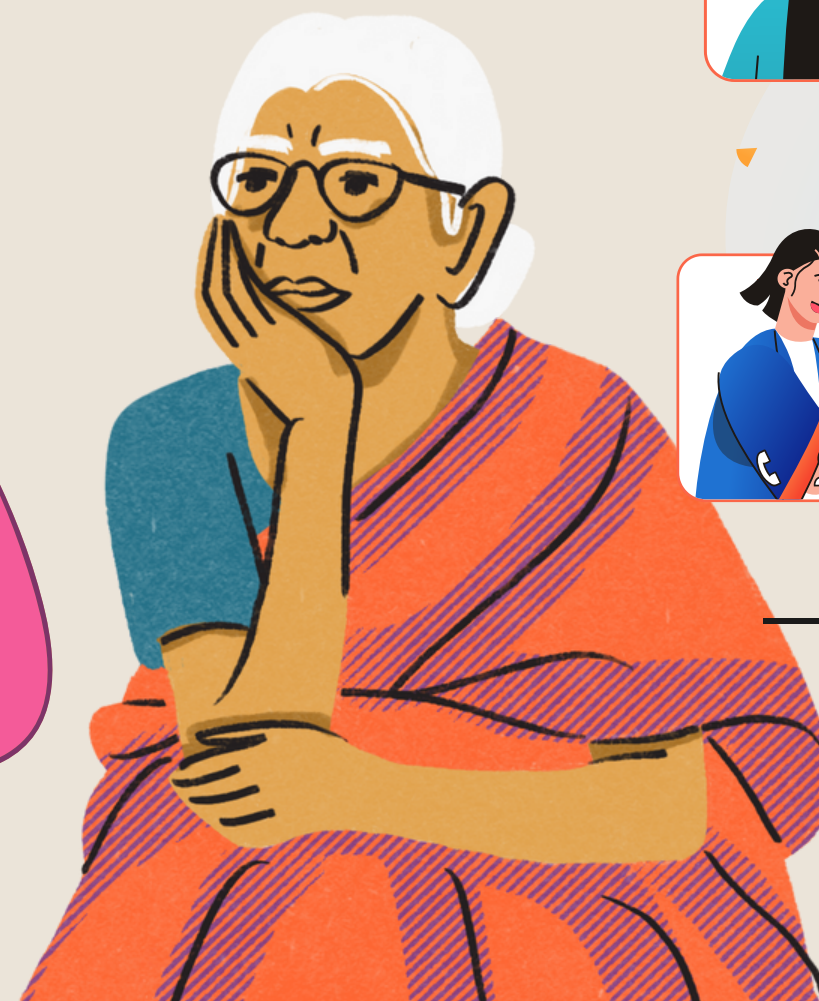
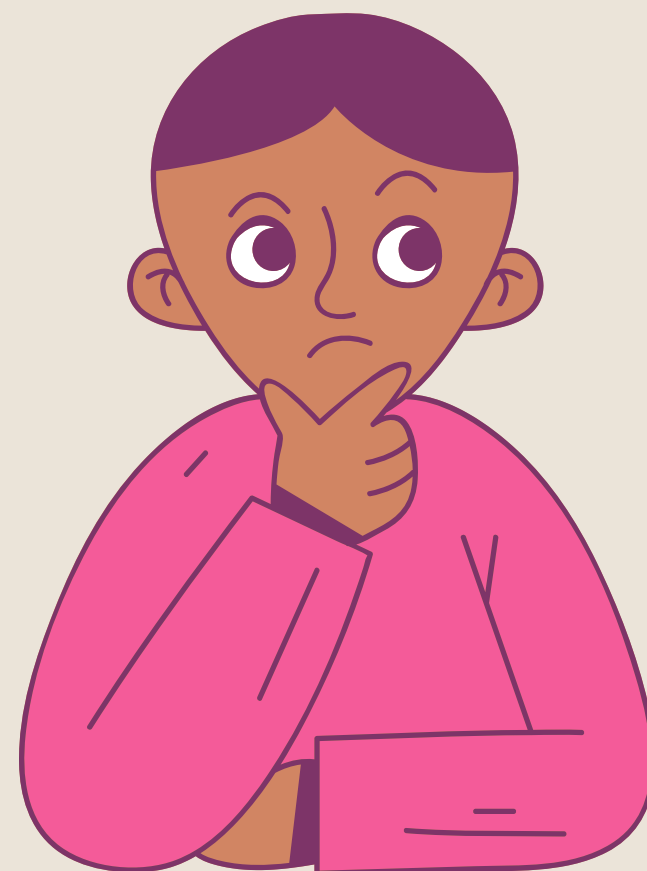
1 in 5



US South Asians report
experiencing a mood or anxiety
disorder in their lifetime.

Log Kya Kahenge?

What will people think?



BIGGEST CHALLENGES WHEN ACCESSING MENTAL HEALTH SERVICES

Cost

Access to resources

Stigma

Language barrier

Hard to find a therapist from your culture

Transportation

Family opposition

Goal Statement

My project seeks to foster intergenerational dialogue through a panel event and discussion to address the lack of conversation and stigma regarding mental health in the South Asian community



Intellectual/Conceptual Foundation

Narrative Analysis

Youth Activist Tool Guide

Importance of culturally sensitive language

“Tension” in South Asian Women: Developing a Measure of Common Mental Disorder Using Participatory Methods

(Karasz et al)



Premise of Chai & Chat

Mental Health Outreach to the South Asian
Community
(Aggarwal)

Event



- Prepare the tote bags
- Prepare the food
- Prepare the venue + Zoom
- Host the panel event!
- Publish Exit Survey

Outreach



- Set a date for the event at the AACCC
- Invite panelists
- Reach out to organizations to cosponsor

Research



- Compile potential topics to focus the discussion
- Create mental health resource guide



Timeline

Marketing

Chai & Chat

Asian American Cultural Center
49 Joyce Kilmer Ave,
Piscataway, NJ 08854

Dec 5
7-9 pm

Listen in to this author's lived experience during the panel!

How can I help my child manage stress and anxiety?
What does it mean to take care of mental health?
How do I know when they are struggling?

RSVP + Zoom link

For more information reach out to nivedita.krishnakumar@rutgers.edu

NAMI Sharing Hope
National Alliance on Mental Illness

Empowering Mental Health Dialogues at a South Asian Dinner Table

Chai & Chat

Asian American Cultural Center

Dec 5
7-9 pm

Listen in to this author's lived experience during the panel!

RSVP + Zoom link

M.A.R.

@nami

59 0 30 8

Co-sponsored with
5 Rutgers Clubs, 2 NJ Organizations
1 National Organization

Questions Asked:

- What does mental health **care look like to you**?
- Have you experienced hesitancy or **cultural barriers** in addressing mental health topics within your family, if so, how did you overcome them?
- What role do you think family can play in creating a more **supportive environment** for mental health within the South Asian community?
- Have you tried looking for **therapy/counseling** and what do you look for in a good therapist?
- Can you share some **self-care strategies** that have been effective for you in managing the demands of academics and cultural expectations?
- What **advice** would you give to parents or kids who are trying to start this conversation at home?



Mental Health Resource Guide

Overview

Table of Contents

1. What is Mental Health
2. Organizations
3. Finding a Therapist
4. Tips for Self Care
5. Rutgers Resources



The Event

Heard the words I really needed to hear today and I really resonated with the panelists

Having boundaries with yourself. I didn't think about this before until this conversation which was very insightful.

Impact

I learned that it can be as simple as starting a conversation with a pleasantry like "how are you" to open up the possibilities of talking about mental health with my parents



Next Up!
• **Fireside Chats in 2024**

Feminist Leadership



Leading by listening



**Creating a collaborative
space for dialogue**



**Self-Care &
Mindfulness**



Lesson Learned

Collaboration is key

Time management
and adaptability

Don't underestimate
the power of your
network + support of
your community



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- Malayalee Association of Rutgers
- Kerala Association of New Jersey
- Family + Friends <3



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