

BIPOC Mental Health Awareness Month

July

Breaking Down Mental Health Stigma



Recognizing our Mental Health Gauge

GREEN  I'm doing great, totally manageable

BLUE  I'm doing pretty good, just a few hiccups

ORANGE  I'm doing okay, I guess...

YELLOW  I'm starting to struggle

PURPLE  I'm having a really hard time

RED  I need immediate help, I'm going to snap!



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The image shows two social media posts side-by-side. The left post is labeled '1/2' and the right post is labeled '2/3'. Both posts feature a circular profile picture of Jenny Tzu-Mei Wang, PhD, and her handle '@asiansformentalhealth'. The background of the posts is a light green and white abstract design.

Jenny Tzu-Mei Wang, PhD
@asiansformentalhealth

“As a child of immigrants, we may had been taught that our invisibility was crucial for our survival. We became accustomed to living for the preservation of the familial and communal face and slowly lost touch with our true selves. Perhaps healing with generational abundance includes allowing yourself to be SEEN because...
[#asianmentalhealth](#) [#childofimmigrants](#)”

1/2

Jenny Tzu-Mei Wang, PhD
@asiansformentalhealth

“... in being seen we practice COURAGE and learn to tolerate the discomfort of visibility from a sometimes cruel world, AND realize we can stand beneath its weight. We practice VISIBILITY because it teaches us that, though we may have lived our entire lives trying to avoid another’s gaze, we deserve to look others eye to eye and be held as EQUAL.”
[#asianmentalhealth](#) [#childofimmigrants](#)”

2/2



Factors That May Contribute to Negative Beliefs About Mental Health Within Different BIPOC Communities

– Communities of Asian American / Pacific Islander descent

The pressure of the “model minority myth” can contribute to stigma for communities of Asian American/Pacific Islander descent. People from this community may believe that they need to live up to expectations of achievement and success, and that experiencing mental health challenges would deem them incapable of doing so. Sharing their mental health challenges with someone outside of the family might also be considered a betrayal and bring shame to the family.

– Communities of multiracial descent

Multiracial individuals may have to navigate different types of stigma from the multiple ethnic communities they are a part of. They may also experience alienation from communities they are a part of if they are not perceived as “enough” of a given race/ethnicity. This isolation can make it more difficult to speak up about mental health challenges.

Source: Mental Health America



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Jenny Tzu-Mei Wang, PhD

@asiansformentalhealth

“As a child of Asian immigrants, perhaps there will always be a tension when we reflect upon our parents. The tension between the narrative of all that they sacrificed and also all that they could not give us, when we needed it and how we desired it. And yet, their love is no less real, valuable and impactful. May we choose to acknowledge all they could give and grieve all they could not.”

#asianmentalhealth #childofimmigrants

To the child of color,
who grew up believing that you could only
asked for help when you absolutely
could not handle it on your own,
who believed that strength
meant independence at all costs,
who exhausted yourself to not become
a burden to those around you.
My dear child, how you may have missed
the magical OPPORTUNITIES that asking for help
allows us to access as communal beings.
May we learn to ask for help not just because
we cannot do it ourselves, but because
we shouldn't have to be ALONE in the struggle.
@asiansformentalhealth

As a child of immigrants,
MINIMIZING your labor and effort
may have been valued and reinforced.
In fact, you may have been encouraged
to hide how much life's challenges
impacted you as a badge of strength.
But the normalization of work and labor
WITHOUT recognition is a remnant of colonialism
and oppression on our ancestors and people.
As you reflect on this year, I hope you can
acknowledge all of your strength while ALSO
naming all of the struggles that you endured to
take care of yourself and those you loved this year.
@asiansformentalhealth



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