



UCA WAVES

Wellness Advocacy Voices Education Support
美国华人联盟心理健康组织



CONNECT WITH US!

WHAT *We* DO



MHFA TRAINING

WAVES offers Mental Health First Aid (MHFA) training in English & Chinese to help adults recognize, understand & respond to mental health challenges present in adults *and* youth to reduce stigma and connect to proper care.



RESEARCH

WAVES conducts research to understand the health needs of diverse AAPI Diaspora—including Asian refugees—evaluating evidence-based programs that promote increased language access and connection to care.



SILENT WAR FILM

Silent War is a powerful documentary sharing Asian American families' stories and exposing the hidden mental health crisis, supported and uplifted by WAVES.



EDUCATE & TRAIN

Through education and training, WAVES equips private & public sectors, providers, and peer-support specialists with culturally responsive, linguistically congruent tools to address barriers faced by AAPI communities.



WAVES VILLAGE

WAVES Village is a virtual *and* in-person bilingual peer-support network where trained volunteers provide culturally responsive support, empathy, and empowerment for AAPI communities nationwide.



CENTER YOUTH

AAPI youth—from high schoolers to young professionals—lead, support, and advocate through WAVES Makers, shaping the future of community empowerment and connection.



ABOUT WAVES

Founded in 2016 to address unmet mental health needs in Asian American and Pacific Islander (AAPI) communities, WAVES is a volunteer-driven movement empowering families through education, support, research and advocacy. Together, we work to break stigma, bridge cultural gaps and uplift the voices of youth and parents for a healthier, more resilient future.

SERVICES WE OFFER

- ✓ **Provide** Bilingual Mental Health First Aid (MHFA) Trainings
- ✓ **License** Film Screenings & Facilitate Guided Discussions
- ✓ **Deliver** Culturally Responsive Peer Support
- ✓ **Lead** Educational Workshops & Conference Sessions
- ✓ **Conduct** Community-Based Research & Evaluation

SCAN ME!



Want to learn more about WAVES & connect with us on social media? Scan the QR code above!



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