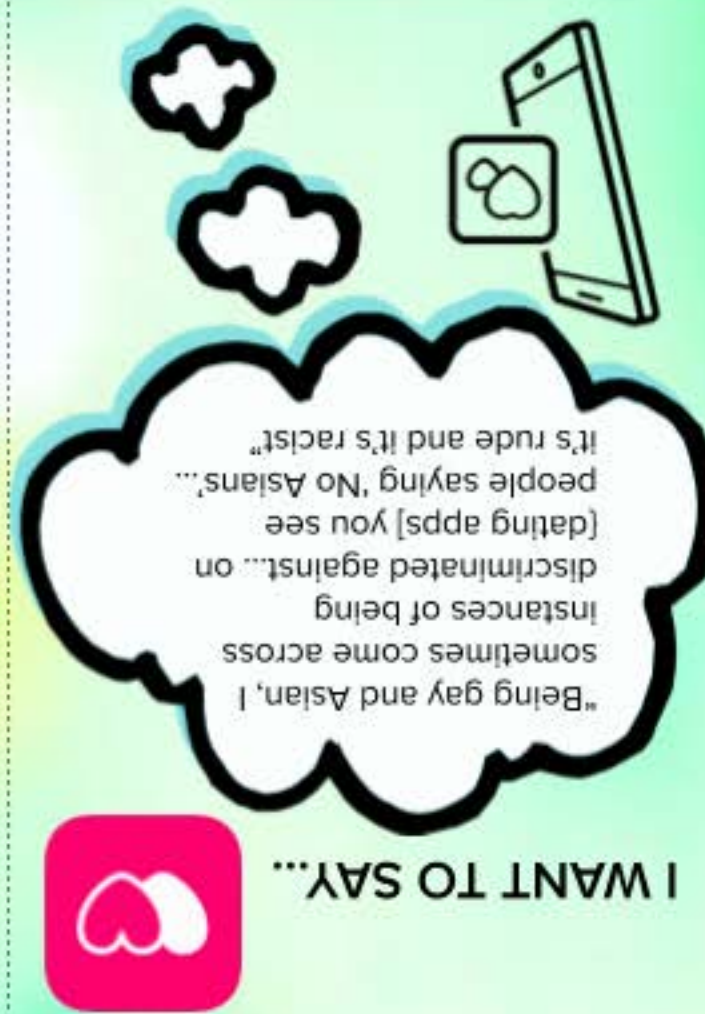
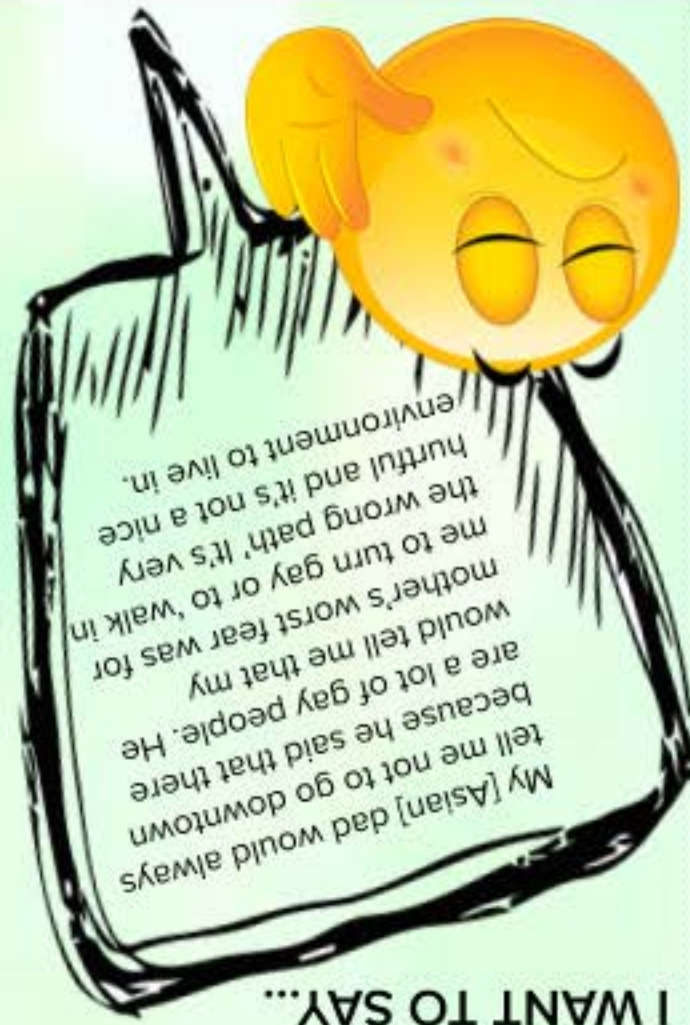




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SOURCES



A special thanks to program facilitators and our sponsor



The Live Well, Take Action program aims to engage East Asian youth in learning about wellness and how it can have significant impacts on self, others and society as a whole. It is a collaboration between **ALPHA Education** and the Chinese Canadian National Council Toronto Chapter (**CCNCTO**). Follow on Twitter at @lwta_program or check out the website at livewelltakeaction.com



The Ontario Trillium Foundation (OTF) is an agency of the Government of Ontario, and one of Canada's leading granting foundations.



Presented by :
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Words to Know

Mental health :
= the state of your psychological and emotional well-being



Mental illness :
= refers to a wide range of mental health disorders that affect your mood, thinking and behavior

Queer :
= an umbrella term for sexual and gender minorities that are not heterosexual or cisgender



LGBTQ+ :
= includes lesbian, gay, bisexual, transgender, queer and questioning

As of May 16, 2019, Taiwan became the first country in Asia to legalize same sex marriage. President Tsai Ing-wen hailed the vote as a "big step towards true equality" However, the LGBTQ+ community have little to no rights in many of the other Asian countries. Some countries even have laws against the community such as Brunei, China, Singapore, etc.

"One reason I have become involved (in LGBT advocacy) is my faith," said Betty Kobata, a straight ally and member of the West Valley United Methodist Church in Chatsworth, Calif. "As a member of the faith community, I always believe that God's love is inclusive and embraces everyone regardless of our differences. We need to educate ourselves and better understand what it means to be gay in this society."

A study among lesbian, gay, bisexual and transgender (LGBT) Hongkongers found that 30 per cent had attempted, or thought of attempting, suicide...The survey also showed 24 per cent of respondents had depression – six times the share of the general population. Some 35 per cent said they had some sort of emotional issues.